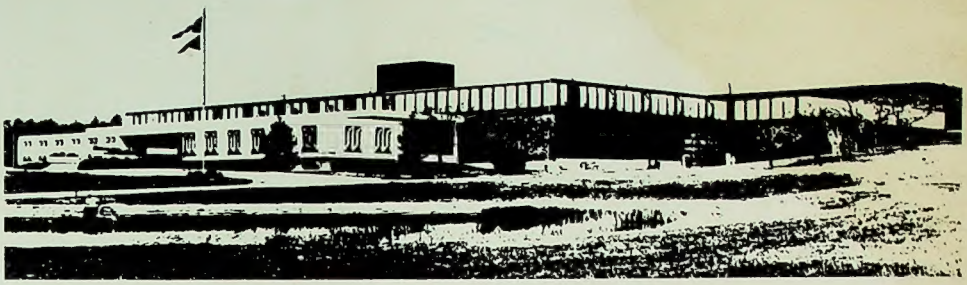
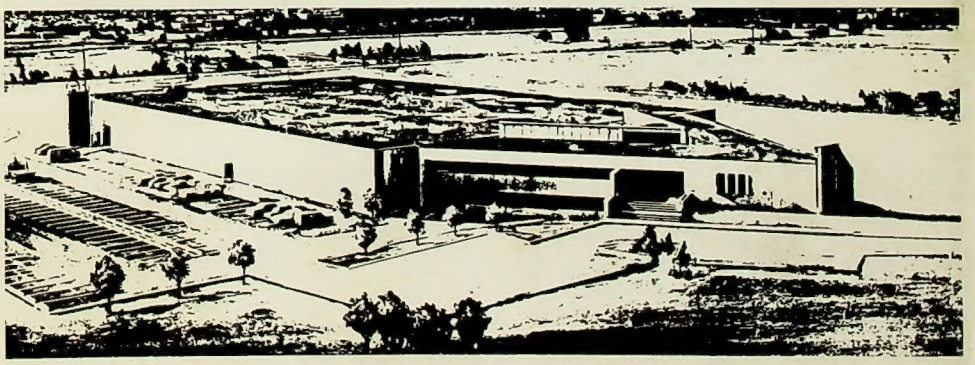


THE TRIDON COOKBOOK



INTRODUCTION

The employees of Tridon dedicate this cookbook to those kindred spirits who take delight in encountering new food and recipes and who like to keep things lively in the kitchen and on the dining table.

This is a cookbook created with the gleanings from many personal recipe collections, the typing of many hands, the hours of organization, the talent for illustrations and the will to do something special. This is a cookbook conceived in the spirit of Christmas giving, the proceeds of which will be donated to a local charity.

So, to all who contributed recipes, their time and energy and to Ardiel Advertising who contributed the front cover, we extend sincere thanks.

And to you, the reader, we express our appreciation for your purchase as well as our wish "that you may bring food out of the earth and wine that maketh glad the heart of man and oil to make him a cheerful countenance and bread to strengthen man's heart" and that you enjoy this book as much as we did in preparing it.

The Employees of Tridon Limited

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How To Convert To Metric System

	WHEN YOU KNOW:	YOU CAN FIND:	IF YOU MULTIPLY BY:*
LENGTH	inches	millimeters	25
	feet	centimeters	30
	yards	meters	0.9
	miles	kilometers	1.6
AREA	square inches	square centimeters	6.5
	square feet	square meters	0.09
	square yards	square meters	0.8
	square miles	square kilometers	2.6
MASS	ounces	grams	28
	pounds	kilograms	0.45
LIQUID VOLUME	ounces	milliliters	30
	pints	liters	0.47
	quarts	liters	0.95
	gallons	liters	3.8
TEMP:	degrees Fahrenheit	degrees Celsius	5/9 (after substracting 32)

- Metric weights and measures go up (and down) by tens.

Here are some examples:

kilo means a thousand.
Example: a kilometre is a thousand metres.

centi means a hundredth.
Example: a centimetre is a hundredth of a metre.

milli means a thousandth.
Example: a millimetre is a thousandth of a metre.

metre	for length
litre	for liquids
kilogram	for weighing
°C	for temperature

MEASUREMENTS AND WEIGHT

Equipment

3 teaspoons	15 ml	= 1 tablespoon	15 ml
4 tablespoons	60 ml	= ¼ cup	60 ml
5- ⅓ tablespoons	79 ml	= ⅓ cup	79 ml
8 tablespoons	118 ml	= ½ cup	118 ml
16 tablespoons	237 ml	= 1 cup	237 ml
1 fluid ounce	30 ml	= 2 tablespoons	30 ml
8 fluid ounces	237 ml	= 1 cup	237 ml
16 fluid ounces	473 ml	= 2 cups or 1 pint	473 ml
32 fluid ounces	946 ml	= 4 cups or 1 quart	946 ml

FOOD

1 cup butter margarine	237 ml	= ½ pound	227 g
1 cup Cheddar cheese grated	237 ml	= ¼ pound	114 g
1 cup eggs	237 ml	= 4-5 whole eggs or 8 eggs whites or 12 egg yolks	
1 cup all-purpose flour	237 ml	= ¼ pound	114 g
1 envelope of gelatin (unflavored)		= ¼ ounce or 1 tablespoon	7 g 15 ml
1 cup lard or solid vegetable fat	237 ml	= ½ pound	227 g
1 medium lemon (juice)		= 1 ½ fluid ounces (3 tablespoons)	45 ml
1 cup chopped nut meats	237 ml	= ¼ pound	114 g

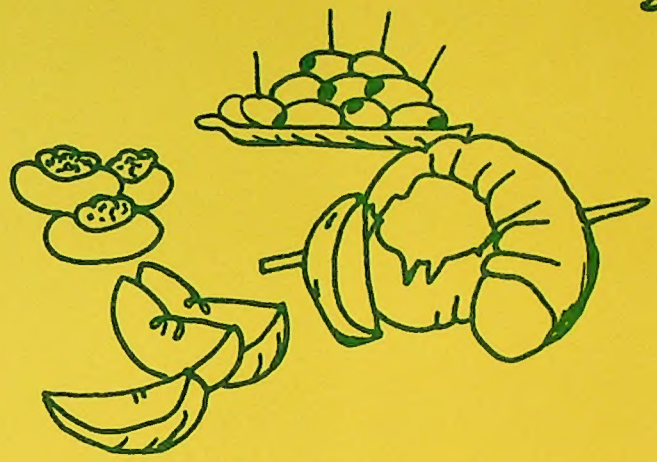
Dry Measure

0.035 ounces	1 gram	g
1 ounce	28.35 grams	g
1 pound	453.59 grams or 0.45 kilograms	kg
2.21 pounds	1 kilogram	kg

Liquid Measure

1 teaspoon	4.9 milliliters	ml
1 tablespoon	14.8 milliliters	ml
½ cup	118.3 milliliters	ml
1 cup	237 milliliters	ml
1.06 quarts	1000 milliliters or l liter	l

APPETIZERS,



PICKLES & RELISHES

CHEESE BALL

8oz. Cheese Whiz
8oz. Philadelphia cream cheese
8oz. Old Cheddar (shredded)
8oz. Imperial Cheese
Chopped Pecans

Soften over night

Mix together with dash of onion salt, garlic salt and parsley. Form into a ball. Chill 20 mins. and roll in chopped pecans.
Store in fridge. Soften a few hours before serving.

Barb Rosa - Burlington

SALMON PATE

1 can salmon 7 3/4oz.
1 large Philadelphia cream cheese
1 Tbsp. horseradish
1 Tbsp.lemon juice
¼ tsp. salt
¼ tsp. tabasco sauce
¼ tsp. Worcestershire sauce

Mix all ingredients together. Chill 2 hours. Roll in ball. Roll in ½ cup chopped pecans and ¼ cup parsley, serve with cracker.

Barbara Farrow - Burlington

CHEESE STICKS

2 8oz. packages Philadelphia cream cheese
1 lb. butter
2½ to 3 cups of all purpose flour.

Preheat oven to 375°. Mix above ingredients together well. Form into a flattened ball. On

Cont'd....

CHEESE STICKS (Cont'd)

lightly floured surface roll out to ¼" thickness.
Beat 1 egg and spread evenly over the top of pastry.
Sprinkle with caraway seeds. Cut into fingers approximately ½" x 3".
Transfer to an ungreased cookie sheet and bake at 375° until golden, approximately 20 to 25 minutes.

A. Chalupka - Burlington

FIFTEEN MINUTE CHILI SAUCE

6 quarts basket of ripe tomatoes
6 cups diced celery
4 cups diced onions

Mix well and sprinkle with ½ cup of salt.
Let stand over night and drain. Add:
4-5 cups of white sugar, 2 cups vinegar,
1oz. mustard seed and 1/8 tsp. pepper

Bring to a boil and jar.

Lorna Harrington - Burlington

CRAB DIP

1 cup sour cream
1 cup mayonnaise
1 cup fine sweetened coconut
1 can of crab meat
¼ cup green onions
¼ tsp. curry
2 tsp. parsley

Combine sour cream & mayonnaise totally mixed and add rest of ingredients. Chill in refrigerator for 2 hours. Use as a vegetable or cracker dip etc.

Evelyn Graham - Burlington

HAM & CHEESE BALL

8 oz. package cream cheese
¼ C. mayonnaise
2 - 8oz. cans flaked ham
2 tsp. chopped parsley
¼ tsp. minced onion
¼ tsp. dry mustard
¼ tsp. tobasco
¼ C. chopped walnuts

Beat cheese and mayonnaise until smooth. Stir in next 5 ingredients. Cover and chill several hours. Form into 2 medium balls, roll in nuts to cut.

Judy Urfey - Burlington

SPICED BEETS

3 quarts small beets
1 pint vinegar (cider preferred)
2 C. granulated sugar
3 tsp. ground allspice
12 whole cloves

Boil beets until tender and then peel in cold water. As fast as beets are peeled, drop them into sterilized jars. Combine vinegar and sugar and boil 3 minutes. Into each jar (pint) of beets put ½ tsp. of allspice and 4 whole cloves. Pour in boiling vinegar and seal.

Pat Robertson - Burlington

TOMATO CHUTNEY

6 lb. ripe tomatoes
½lb onions
4 level tsp. whole allspice
1 level tsp. cayenne pepper
1 Tbsp. salt
½ pint malt vinegar
3/4 lb. soft brown sugar

Cont'd....

TOMATO CHUTNEY (Cont'd)

Skin and quarter the tomatoes, put in large pan together with the peeled and thinly sliced onions. Add the all spice tied in muslin. Add cayenne & salt. Cook over gentle heat until mixture is pulpy. Stir in the remaining ingredients. Simmer until thick. Pot and cover.

Sylvia Forrester - Burlington

RAW VEGETABLE PLATTER

2 C. Hellmans mayonaisse
¼ C. sour cream
¼ C. finely chopped onions
¼ C. horseradish (well drained)

Mix the above ingredients together then use any raw vegetable you like for dipping: cherry tomatoes, green peppers, carrot sticks, small mushrooms, cauliflower, brocolli flowerettes, radish slices etc.

Lee Jackson - Burlington

CHEESE STICKS

1½ - 2 C. grated "old" Cheddar cheese
2 tsp. dry mustard
¼ tsp. cayenne pepper
½ to 1 tsp. garlic powder (optional)
½ C. butter or margarine
1 C. all-purpose flour

Combine all ingredients with ¼ cup of water (mixture will be soft). Put in a cookie press or roll out and cut in strips. Bake in a 300°F oven until lightly browned. (approximately 8-10 mins.) Serves 6 - 8.

Sheila Carroll - Burlington

SHRIMP TOAST

1 lb raw shrimp, shelled and deveined
Thinly sliced white bread (day old)
1 egg white (beat with fork until frothy)
2 Tbsps. Cornstarch
¼ tsp. salt
Dash pepper
Few drops sesame seed oil (any other cooking oil will do)
Few drops gin

Shell and devein the shrimp. Cut each shrimp part way through on outer curve. Mix all other ingredients together (the gin takes the fishy taste away). Place the shrimp in the egg mixture and mix until each shrimp is coated.

Remove crusts from bread and cut each slice into four squares. Place a shrimp on each square, cut side up and tuck tails under so that they don't burn... the egg mixture will make the shrimp stick to the bread. Place in covered container and refrigerate overnight. When ready to use, fry in deep, hot fat until nicely browned. Fry shrimp side first and then flip over to crisp bread. Serve hot with sweet and sour sauce.

Lorene Hildrop - Hamilton

SWEET AND SOUR SAUCE

1 C. white or brown sugar
1 C. vinegar
2 C. water
4 sweet pickles finely chopped (hot dog relish will do just as well)
3 ozs ketchup
1 Tbsp. tomato paste
1½ Tbsps. cornstarch mixed with ¼ C. cold water

Cont'd....

SWEET AND SOUR SAUCE (cont'd)

Heat sugar, vinegar and water over medium heat for 5 minutes. Add pickles, ketchup and tomato paste and bring to a boil. Stir cornstarch mixture into boiling liquid and cook until sauce thickens. Serve warm as a dip with shrimp toast, meatballs, spareribs, etc.

Lorene Hildrop - Hamilton

BREAD AND BUTTER PICKLES

1 Gallon sliced cucumbers
8 Medium onions - sliced and cut
2 Green peppers
½ C. salt

Syrup:
5 C. of white sugar
1½ tsp. tumeric
½ tsp. ground cloves
2 tsp. mustard seed
1 tsp. celery seed
5 C. white vinegar

Bury pieces of ice in above mixture of cucumbers, onions, peppers and cover and set sit at least 3 hours.
Drain
Heat in syrup but do not boil
Bottle and seal jars

Linda Harris - Oakville

HUNGARIAN PEPPERS

1 6 quart basket red and green sweet peppers
6 onions
2 C. vinegar
1 C. oil
1 C. white sugar
½ C. pickling spice (tied in cheesecloth)
½ C. coarse salt

Cut peppers in 3/4" pieces. Cut onions in half and then slice lengthways. Cover peppers and onions with ½ C. coarse salt and let stand 4-5 hours. Drain and rinse well. Mix 2 C. vinegar, 1 cup oil, 1 C. white sugar and pickling spice in pan and boil 15 min. Add peppers and onions to the oil sauce. Cook until peppers are tender, then bottle them and let stand upside down until cooled.

Sharron Pivonka - Burlington

PARTY SALMON BALL

1 can (approx. 16 oz.) drained & deboned salmon
1 pkg. (8 oz.) cream cheese (Philedalphia)
¼ small onion chopped fine
1 tsp. lemon juice
1 tsp. prepared bottled horseradish
¼ tsp. salt
1/8 tsp. pepper
½ C. pecans (optional)
parsley flakes

Mix salmon, cream cheese, diced onions, lemon juice, horseradish, salt, pepper together. Form into a ball or a party log.
Sprinkle with (optional) pecans and parsley flakes.
Makes a delicious dip for party crackers.

Marilyn VanTol - Burlington

SPICY SPREAD

2 6 oz. bottles Major Grey's Chutney (purchase at Denningers)
1 10 oz. bottle chili sauce
1 small bottle ketchup
1 6 oz. bottle Worcestershire sauce
1 8 oz. bottle A.1

Mix all the ingredients together and bottle (keeps about 8 months)
Pour over cream cheese and serve with crackers e.g. Triscuit or Canadian Harvest.

Lee Jackson - Burlington

SHRIMP DIP

2 can broken shrimp
4 oz. cream cheese
½ C. tomato soup
1/3 C. mayonnaise
1/3 C. chopped onion
½ C. chopped celery
2 packets Knox gelatin (unflavoured)

Dissolve 2 packets of gelatin in ¼ cup of water and bring to a boil. Mix other ingredients in a separate bowl. Let gelatin mixture cool slightly. Add chopped onion and celery to ingredients in bowl. Add gelatin to mixture and put into a mould. Good idea to oil or spray mould with Pam. Best if made the day before serving to let flavours blend.

Marion Huibers - Hamilton

PECAN COVERED CHEESE BALL

1 large pkg. cream cheese
1 4 oz. pkg. pecans
1 Tbsp. chopped onion
1 small can crushed pineapple - very well drained
¼ C. chopped green pepper
¼ Tsp. seasoned salt

Combine all ingredients except for half of the pecans. Form into a ball. Coat the cheese ball with the remaining ½ pkg. of pecans.
Keep refrigerated.

Sybil Helppi - Hamilton

LIBBY'S SHRIMP MOULD

1 can tomato soup
8 oz. cream cheese
½ C. water
2 envelopes unflavoured gelatin
1 C. miracle whip
1 can small shrimp, drained & mashed
1 C. finely chopped celery
½ C. finely chopped onion
½ Tsp. salt

Excellent as an appetizer or as part of a buffet. Serve with celery sticks and crackers or potato chips. Heat the soup to the boiling point and add cream cheese stiring until melted. Remove from heat and beat with a rotary beater. Dissolve gelatin in water and add miracle whip, then add gelatin mixture to soup.
Add everything else and blend well and pour into mould. Let mould set for a few hours or overnight in the fridge - keeps well. Recipe halves very well.

Cathy McCallum - Burlington

CHINESE EGG ROLLS

4 C. Bamboo shoots - fresh or canned
1 C. cooked diced chicken or pork
½ C. finely chopped onions
½ C. finely chopped celery
½ Tsp. Accent
1 Tbsp. olive or vegetable oil
2 Tsp. salt
½ Tsp. pepper
1 Tbsp. soya sauce

Egg roll wrappers can be purchased at your super market.

Combine chicken or pork, onions, celery, bamboo shoots, accent, oil, salt, pepper and soya sauce in a deep bowl. Mix until thoroughly blended. Let stand 20 minutes before using.
Place 2 Tbsp. of filling in centre of each wrapper. Moisten the edges of wrapper with a beaten egg. Fold edges one on top of the other pressing gently. Then press on both sides or ends firmly to close the opening with a fork. Cook immediatly in HOT oil at 4 - 5 minutes until golden brown.

Ann Suddaby - Burlington

SALADS, SOUPS

& VEGETABLES

SAUCES

WHITE SAUCE	LIQUID	THICKENING	FAT	SEASONING (Salt)
No. 1 thin	1 c. milk	1 Tbsp. flour	1 Tbsp.	½ tsp.
No. 2 medium	1 c. milk	2 Tbsp. flour	1½ Tbsp.	½ tsp.
No. 3	1 c. milk	3 Tbsp. flour	2 Tbsp.	1 tsp.
No. 4 thick	1 c. milk	4 Tbsp. flour	2½ Tbsp.	1 tsp.

Use No. 1 sauce for cream soups.
Use No. 2 sauce for creamed or scalloped dishes or gravy.
Use No. 3 sauce for souffles.
Use No. 4 sauce for croquettes.

VEGETABLE TIME TABLE

VEGETABLE (Minutes)	BOILED	STEAMED	BAKED
Asparagus Tips	10 - 15		
Asparagus, tied in bundles	20 - 30		
Artichokes, French	40	45 - 60	
Bean, Lima, depending on age	20 - 40	60	
Bean, String	15 - 35	60	
Beets, young with skins on	30	60	70 - 90
old	1-2 hrs.	1-2 hrs.	
Broccoli, flowerets	5 - 10		
stems	20 - 30		
Brussel Sprouts	20 - 30		
Cabbage, chopped, cut sectional	10 - 20	25	
Cauliflower, stem down, whole	20 - 30		
flowerets	8 - 10		
Carrots, cut across	20 - 30	40	
Chard	60 - 90	90	
Celery, cut in lengths ½ inch	20 - 30	45	
Corn, green, tender	5 - 10	15	20
Corn on the Cob	8 - 10	15	
Eggplant, whole	30	40	45
Marrow	15 - 40		
Onions	25 - 40	60	60
Parsnips	25 - 40	60	60 - 75
Peas, green	5 - 15	5 - 15	
Peppers	20 - 30	30	30
Potatoes, depending on size	20 - 40	60	45 - 60
Potatoes, sweet	40	40	45 - 60
Scalloped potatoes			60 - 90
Pumpkin, in cubes	30	45	60
Salsify	25	45	
Spinach	8 - 10	20	
Squash in cubes	20 - 40	50	60
Tomatoes, depending on size	5 - 15	50	15 - 20
Turnips, depending on size	25 - 40		

14 DAY COLESLAW

Salad Ingredients:
1 med. cabbage (cut fine)
2 med. carrots (shred fine)
1 white onion (grated)
1 or 2 green peppers (shredded)
½ C. oil

Dressing:
1½ C. vinegar
1½ C. sugar
½ C. water
1½ tsp. salt
½ tsp. tumeric
1 tsp. celery seed
1½ tsp. mustard seed

Mix together vinegar, sugar, water and salt. Put seeds in cheesecloth bag and add to vinegar. Bring to a boil. Make sure sugar is dissolved. Cool. Combine salad ingredients in a large bowl. Pour cooled dressing over all. Mix well. Refrigerate 12 hours before serving. Keeps well in refrigerator for 14 days.

Wendy Johnston - Burlington

SOUR CREAM FRUIT SALAD

1 C. drained pineapple chunks
1 C. commercial sour cream
1 C. mandarin oranges
1 C. miniature marshmellows
1 C. angel flake coconut

Mix well. Let stand refrigerated for 24 hours. Garnish with cherries if desired.

Barb Brooks - Burlington

CHINESE RICE SALAD

Salad:
1-1/3 C. minute rice (cooked)
1-1/3 C. salted water (cool)
1½ C. frozen peas (unthawed)
1½ C. chopped celery
1 C. chopped onions

Prepare above ahead of time. Put in fridge covered until ready to eat.

Salad Dressing: (Combine and shake)

½ C. corn oil	1 tsp. celery seed
1 Tbsp.vinegar	2 tsp. curry powder
1 tbsp. soya sauce	1 tsp. salt
½ tbsp. white sugar	½ tsp. accent

Just before serving, add 1 tin chinese dry noodles and dressing to rice mixture.

Bill Wilson - Burlington

RIBBON SALAD

Prepared in 9" x 13" dish
1st layer:
1 pkg. lime jello 4 oz. 1 - 20 oz. tin of crushed pineapple
Dissolve jello with 1 C. boiling water. Add can of pineapple juice. Mix well and pour into dish and let set.
2nd layer:
4 oz. pkg. lemon jello 1 pkg. cream cheese (4 oz.)
½ pint whipping cream
Dissolve jello with 1 cup of boiling water. While still hot, add cream cheese and mash with a fork. Now add 1 cup cold water. Set just a little. Whip cream until stiff. Add jello and cheese mixture to cream and beat until well mixed. Pour over first layer carefully.

Cont'd.....

RIBBON SALAD (Cont'd.)

3rd layer:
4 oz. pkg. red jello (cherry)
Follow package directions. Leave until room temperature, then spoon over 2 layer very carefully (this is important) - then let set.

This salad is very successful when each layer is added several hours apart.

Ann Bogar - Burlington

PIZZA POTATOES

1 package of scalloped potatoes (Shirriff - 175 g 6 serving)
1 can (16 oz.) tomatoes
1½ C. water
¼ tsp. oregano leaves
1 package sliced pepperoni (4 oz)
1 package mozzarella cheese

Preheat oven to 400°. Empty potato slices and seasonings. Mix into 2 quart casserole. Heat tomatoes, water and oregano to boiling, stir into potatoes. Arrange pepperoni on top and sprinkle with shredded cheese. Bake uncovered 30-35 mins. (Serves 4).

Susan McEwan - Burlington

MARINATED ITALIAN MUSHROOMS

Fresh mushrooms
½ C. water
oil
½ C. vinegar
2 garlic buds (minced)

Boil mushrooms whole in pot filled with ½C. vinegar and ½C. water. Allow to cool. Place mushrooms in mason jar and fill jar with minced garlic and oil. Store in refrigerator until ready to serve.

Teresa Creen - Burlington

GARLIC BROCOLLI

2 - 3 bunches of Fresh Brocolli
1 can cream Mushroom Soup (Small)
½ lb. Brick Garlic Cheese
½ lb. Velvetta Cheese
3/4 can Carnation Evap. Skim Milk

Blanch Brocolli in boiling water for 3 mins and immediately dip in cold water and drain.
Chop brocolli up into bite size pieces including the stems. In a double boiler combine the remainder of the ingredients and heat until melted. Place brocolli into large casserole dish and pour cheese ingredients over the top. Mix well and sprinkle the top with croutons and melted butter. Cover and bake at 350° for approximately 45 mins.

Betty Wylie - Oakville

POTATO SKINS

2 baking potatoes, preferably Idaho (about 8 oz. ea.)
1½ tbsp. unsalted butter (melted)
½ C. finely shredded cheddar or Parmesan cheese <u>or</u> ½ C. of each type
4 strips of cooked bacon crumbled

Preheat the oven to 400°. Scrub and dry the potatoes. Pierce each one with a fork. Bake for 1 hour and 10 mins. or until very tender when pierced with a knife. Remove the potatoes from oven; reduce oven temperature to 375°. As soon as the potatoes can be handled using a mitt if necessary, cut in half lengthwise. Scoop out the potatoes, leaving a ½" shell. Reserve the scooped-out potato for another use, such as croquettes or potato patties. Brush the insides of the skins generously wich melted butter. Sprinkle on the cheese and top with crumbled bacon. Return the potatoes to the oven and bake 30 mins., or until the tops are golden and the skins are very crisp. Serve as a side dish, or cut into strips and serve as an hors d'oeuvre. Serve with a dip or plain sour cream if you don't mind the extra calories.

Ruth Crewe - Burlington

YELLOW TURNIP CASSEROLE

2 - 3 medium turnips
6 Tbsp. butter or marg.
4 tsp. sugar
1/4 tsp. black pepper
1-3/4 C. soft bread crumbs
1 C. applesauce or 2 - 3 apples chopped
3 tsp. salt
2 eggs
2 Tbsp. melted butter

Peel , slice and cut turnips into strips, remove all traces of green. Cook in boiling salted water until tender. Mash turnips with electric beater and combine with remaining ingredients except half the crumbs and all melted butter. Mix well. Pour into greased 2 quart casserole, top with remaining crumbs tossed with butter. Let cool slightly, then cover and refrigerate Remove about an hour before dinner and heat uncovered in a 350° oven, 30 mins. or so. Serves 12 people.

Can be made a couple of days in advance!

Barb Jacklin - Oakville

FRENCH ONION SOUP

2 lbs. yellow onions, thinly sliced
2 beef bouillon cubes
thickly sliced French bread
2 Tbsp. butter or marg.
3 - 10oz cans consomme, undiluted
1-1/2 C. grated Swiss, cheddar or mozzerella cheese

Melt margarine in heavy saucepan over medium heat. Add onions, reduce heat to low and cover, simmering onions 30 mins. or until soft. Dissolve bouillon cubes in 2 cups boiling water. Add consomme and water to onions. Cover and simmer one hour. Ladle soup into bowls and top with slice of bread and handful of cheese. Broil until cheese is melted.

Judy Coverdale - Oakville

LEEK AND MUSHROOM SOUP

1/2 C. Butter
1/2 lb. mushrooms chopped
1 tsp. salt
1 C. chicken broth
2 Bunches leeks
1/4 C. flour
dash of cayenne pepper
3 C. milk
1 Tbsp. dry sherry or juice of 1/2 lemon (my preference is lemon)

Wash leeks well, slice, use white part only. In 1/4 C. butter saute leeks until tender not brown. Remove - Set aside. In the remaining 1/4 C. butter saute mushrooms until soft, about 10 mins. Blend in flour salt and cayenne pepper. Gradually add milk and broth stirring until thick and comes to a boil. Add leeks, lemon juice, salt and pepper to taste. Serve with a slice of lemon and parsley.

Robin Byron - Oakville

CREAM OF CAULIFLOWER SOUP

1 C. chopped yellow cooking onions
2 Tbsp. butter
2 cans chicken broth 10 oz. each
1/4 tsp. salt
1/8 tsp. nutmeg
1/2 C. milk
1/2 C. chopped celery
1 clove garlic, minced
1 medium cauliflower (about 2 lbs) cut into ½"pcs.
1 soup can water
1/8 tsp.pepper
1 bay leaf

Saute onion, celery and garlic in butter in large saucepan. Add cauliflower, chicken broth, water, salt pepper, nutmeg and bay leaf to saucepan. Simmer covered 20 - 25 mins. or until cauliflower is tender. Remove bay leaf. Blend in batches until smooth and return to saucepan. Stir in milk. Heat thoroughly.

Gwen Bois - Burlington

BEAN SALAD

1 pkg. (12oz.) sliced cold cuts
1 can (11oz.) kidney beans rinsed and drained
1 can (8oz.) cut green beans, drained
1 can (8oz.) cut yellow wax beans drained

½ C. chopped green pepper
¼ C. sliced onion
½ C. salad oil
¼ C. vinegar
3/4 tsp. salt
¼ tsp. pepper

Cut meat into bite-size pieces. In a large bowl, combine meat and vegetables. In a small bowl, combine salad oil, vinegar, salt, and pepper, mix well. Pour over meat-vegetable mixture, toss well to coat. Chill 2-3 hours, stirring occasionally.

Rose Postill - Burlington

CARROT SALAD

2 lbs. carrots sliced and cooked in salt water drain and cool
1 large green pepper sliced or diced
1 onion sliced
chopped celery if you wish

Dressing
1-10oz. can of tomato soup
½ C. white vinegar
½ C. crisco or peanut oil
about 2/3 C. sugar, dash of pepper
1 tsp. worcestershire sauce
1 tsp. prepared mustard

Bring almost to a boil, pour over the vegetables. Let stand covered in fridge 24 hours. Keeps for days.

Mary O'Toole - Oakville

CHRISTMAS CABBAGE SALAD

1 medium cabbage
5 carrots
1 C. of spanish or green onion
1 C. chopped walnuts
1 C. maraschino cherries
1 C. miracle whip dressing

Cont'd....

CHRISTMAS CABBAGE SALAD (Cont'd)

1 green pepper
salt & pepper to taste

Shred cabbage and carrots. Mix in onion. leave to stand for a couple of hours for onion taste to blend in. ½ hr. before serving add walnuts and cherries. Mix well and add salad dressing, if not moist enough, add more miracle whip. Decorate with pepper rings with radish rose in centre.
For Easter salad substitute pineapple for cherries.

Flo Johnson - Burlington

SAVORY STUFFED MUSHROOMS

24 fresh medium size mushrooms
1 C. butter
6 Tbsp. finely chopped green pepper
6 Tbsp. finely chopped onion
½ C. bread crumbs
1 tsp. salt
¼ tsp. pepper
dash cayenne

Preheat oven to 350°F. wipe mushrooms with damp cloth. Remove stems, chop stems fine, set aside. Heat 3 Tbsp. butter in large skillet, saute mushroom caps, on bottom only, 2 to 3 minutes; remove, arrange, rounded side down, in shallow baking pan. Heat rest of butter in same skillet, saute chopped stems, green pepper and onions until tender - about 5 minutes. Remove from heat, stir in bread crumbs and seasoning. Use to fill mushroom caps, mounding high in center. Bake 15 minutes, serves 12.

B. Gamble - Burlington

CONSOMME MADRILENE

2 cans (19oz.) ea. tomato juice
4 Oxo cubes (beef)
¼ C. chopped parsley
¼ tsp. pepper
1 tsp. worcestershire sauce
1 C. apple juice

Cont'd....

CONSOMME MADRILENE (Cont'd)

Combine all ingredients in saucepan and heat over high heat. To serve top with sour cream and chopped chives. Serves 8.

Claudette Robinson - Oakville

FRENCH SALAD DRESSING

1 can tomato soup
1 C. sugar
2 C. mayonnaise
1 Tbsp. very finely grated onion
½ Tbsp. prepared mustard
½ tsp. paprika
1 Tbsp. worcestershire sauce

Combine all ingredients and heat well to dissolve sugar, then cool. Yield approximately 4C. Keeps well in the refrigerator.

Cathy McLaughlan - Oakville

THOUSAND ISLAND DRESSING

1 C. mayonnaise
¼ C. catsup
2 Tbsp. pickle relish

Combine ingredients well. Vary ingredients amounts to vary taste. Yield approximately 1½C.

Cathy McLaughlan - Oakville

HONEY FRENCH DRESSING

1 tsp. salt
½ tsp. pepper
1 tsp. dry mustard
1/3 C. cider vinegar
2 Tbsp. honey
1 C. salad oil

Mix pepper, salt and mustard together. Stir in

Cont'd....

HONEY FRENCH DRESSING (Cont'd)

vinegar and honey. Slowly add salad oil while beating with mixer.

Gail Ralph - Burlington

BOSTON BAKED BEANS

1 lb white beans
1 Tbsp. dry mustard
1 large chopped onion
3/4 C. ketchup
3/4 C. brown sugar
2 Tbsp. molasses
¼ lb. salt pork (diced) or ham bone with a little meat
1 Tbsp. Heinz 57 or H.P. sauce

Wash beans well. Cover in water and let stand overnight. Cook in same water and add a pinch of baking soda. Cook till just tender. Do not cover while cooking. Drain water and save. Add mustard, brown sugar, molasses, ketchup, H.P. sauce and beans. Put ½ of beans in baking dish and ½ onions and salt pork. Repeat second layer same as the first. Cover above with saved liquid. If not enough liquid add water. Beans must be covered with liquid.
Bake in a 300° oven for 3-5 hours covered, uncover for last ½ hour.

Barbara Farrow - Burlington

GREEN BEAN CASSEROLE

2 lb green beans
2 10oz. cans cream of mushroom soup
½ C. parmesan cheese
1 C. chopped onion

Saute onion in oil until tender. Add soup, cheese, salt and pepper and 3/4 soup, can of water. Pour over beans and sprinkle french fried onion rings on top in last 15 min. of cooking time. Bake at 350° for 30 min. Add mushrooms if desired.

Joyce Chadbolt - Oakville

MASH POTATO CASSEROLE

5 lbs. (9 large) potatoes
2 Pkgs. cream cheese (3oz. ea.)
1 C. sour cream
2 tsp. onion salt
1 tsp. salt
pinch of white pepper
2 Tbsp. butter

Cook peeled potatoes in salted water until tender. Drain, then mash until smooth with electric beater. Check for lumps. Add remaining ingredients and beat till light and fluffy. Cool slightly and place in a large buttered casserole. Top with more butter, or if desired, buttered crumbs, cover with plastic; refrigerate. To serve, remove about an hour before dinner and bake uncovered at 350° for 30 minutes, or until heated through. Serves 12. Keep in refrigerator and this allows you to make this up to 5 days ahead of time.

Barb Jacklin - Oakville

COUNTRY CO. POTATOES

7 medium - Large potatoes
1 can Cream of Chicken Soup
½ C. butter plus 2 Tbsp.
1½ C. grated Cheddar cheese
1 pint sour cream
1/3 C. minced onion
1 tsp. salt
½ tsp. pepper
1 C. Corn Flake crumbs

Boil potatoes with jackets until tender - cool, peel and grate. Combine soup (no water) with ½ cup butter and heat until butter melts. Add cheese, sour cream and minced onions to soup mixture. Combine with potatoes, salt and pepper. Mix well. Place in buttered 8 x 8 casserole. Top with mixture of Corn Flake crumbs and 2 tbsp. melted butter. Refrigerate overnight. Bake at 350° for 45 - 60 minutes uncovered.

Arlene Shinn - Oakville

CAESAR SALAD

1 head Romaine lettuce, washed & dried in paper towels
1 small clove garlic
1 scant tsp. dry mustard
1 full tbsp. salad vinegar
6 tbsp. (generous) grated Parmesan cheese
3 Anchovy fillets
1/3 C. Mazola Oil plus 2 tbsp. (extra)
1 scant tsp. Worcestershire Sauce
1 tsp. lemon juice
1 raw egg (at room temp.)
Salad croutons
Coursely ground black pepper (if desired)

Wash romaine and break it into bite size pieces. Wrap in towel or paper towels and refrigerate.
Early in day, crush garlic clove and mix into oil.
In large, wooden salad bowl, cut anchovies with scissors into small pieces, add oil (sieve out garlic pieces). Mash the anchovies into oil with the back of a wooden spoon. Add egg and all other ingredients except cheese and croutons. Mash and mix in bottom of bowl. Add parmesan and mix well. When ready to serve, toss with lettuce, mixing well. Top with croutons and freshly ground black pepper if desired.

Don Green - Hamilton

HOT SEAFOOD SALAD

1 C. Shrimp
½ C. Chopped Green Onion
1 Tbsp. Worcestershire Sauce
½ tsp. salt
1 C. Crabmeat
1 C. Salad Dressing
½ C. Breadcrumbs
1 tbsp. melted butter
½ tsp. pepper

Mix above ingredients together. Fill Clam shells. Sprinkle grated cheese. Bake at 350° for 10 - 15 mins.

Diane Inkster - Oakville

SEAFOOD CHOWDER

1-10 oz. can Cream of Shrimp Soup
1-10 oz. can Potato Soup
1- 4 oz. can crab or lobster meat
1 lb. white fish - sole or halibut
1 med. onion,chopped fine
¼ lb. mushrooms
Sufficient dry white wine to cover fish
1 C.cream or milk
3 strips crisp fried bacon, crumbled

In a large saucepan, heat shrimp and potato soups, crab meat and cream or milk. Saute onions and mushrooms separately. Combine mixtures. Poach white fish in wine until flaky (abt. 2 min.) Add white fish, wine and bacon to creamed soup/fish mixture. Season with salt and pepper. Simmer 5 min. and serve .
Note: Mushroom Soup can be substituted for Shrimp soup.

Carol Piano - Burlington

FRENCH ONION SOUP

¼ C. butter
2½ C. diced onion
1 bay leaf
2-10 oz. cans beef broth
2-10 oz. cans chicken broth
2½ C. water (2 cans)
3 tsp. Worcestershire sauce
3 slices melba toast
1½ C. Swiss or Mozzarella cheese,grated

Saute onion in butter until golden. Add broth, water,bay leaf, and Worcestershire sauce. Simmer 10 min. Remove bay leaf and pour into soup bowls.Top each bowl with ½ slice melba toast and ¼ c. cheese. Broil until cheese is melted. Serve at once.

Ann Bogar - Burlington

BLACK CHERRY SALAD

2 - 3 oz pkgs. of cherry jello
1 - large can of crushed pineapple
2 C. of Coca-cola
1 - lge can of Black Bing Cherries - pitted
1 - 8oz. pkg. of cream cheese

Drain liquid off cherries to make 1 C. of juice. Boil juice. Dissolve jello in juice. Add Coca-cola. Refrigerate to set. Whip cream cheese really well. Add partially drained pineapple to cheese. Cut and pit cherries. Add cherries to pineapple and and cheese mixture. Add to jello mixture and set.

Linda Harris - Oakville

WATERGATE SALAD

1 - large container of Cool Whip (1 litre)
1 - 3-3/4 oz. pkg. of pistachio instant pudding
1 - 19 oz. can of crushed unsweetened pineapple (with juice)
1/2 C. walnut bits
1 C. miniature marshmallows

Combine ingredients. Chill before serving

Wendy Johnstone - Burlington

JELLO SALAD

4 oz cream cheese
1 Tbsp. mayonnaise
1 small lime jello powder
1/2 pint whipping cream
1 small tin (about 7 oz) crushed pineapple - drained

Heat crushed pineapple and dissolve jello powder in this and leave to cool. Mix whipped cream, cream cheese and mayonnaise together until creamy and smooth (maximum consistency) fold in cooled pineapple lime mixture and refrigerate several hours, or overnight. Decorate to taste.

Marilyn Husak - Oakville

TOMATO AND BROCCOLI QUICHE

1-9" quiche dish or pie plate lined with unbaked pastry
1 lge. onion, chopped
½ C. sliced mushrooms
½ tsp. oregano
3/4 tsp. salt
¼ tsp. pepper
2 Tbsp. butter
8 slices bacon, diced
1 sm.pkg. cream cheese
½ C. parmesan cheese, grated
1 C. milk
3 eggs, beaten
1 C.chopped cooked broccoli
½ C. soft bread crumbs
4 sm.tomatoes, sliced

Saute onions, mushrooms and seasonings in butter. Fry bacon till crisp-drain and crumble. Cream together cheeses; blend in milk. Add beaten eggs. Fold in broccoli,bacon,bread crumbs, onions and mushrooms. Pour into quiche plate. Arrange tomato slices around the outer edge. Bake at 425° for 10 min. Lower heat to 350° and bake 25 min. Let stand 10 min. before serving. Serve with salad for brunch or lunch-very filling.

Sybil Helppi - Hamilton

PINK ARCTIC FREEZE

2 pkgs.(3 oz.) cream cheese-softened
2 Tbsp. sugar
2 Tbsp. mayonnaise
1 can jellied cranberry sauce
1 C.drained crushed pineapple
½ C. chopped pecans
½ C.heavy cream,whipped
Shredded lettuce

Cream together cheese and sugar; stir in mayonnaise. Fold in cranberry sauce,pineapple, nuts and whipped cream.

Cont'd....

PINK ARCTIC FREEZE (Cont'd.)

Turn into a 9 x 5 x 3 loaf pan. Freeze until firm. Cut into slices and serve on shredded lettuce. Yield: 8 portions.
Here is a salad to remember for Christmas or Thanksgiving.

Ann Suddaby - Burlington

BAKED BEANS

Libby's Deep Browned Beans (Large can)
¼ C. brown sugar
chopped onion
½ tsp. dry mustard

Bake at 350° for 40 minutes.

Ron Pink - Burlington

MINESTRONE SOUP

1 C. celery and leaves
3 tomatoes, chopped
1 C. cabbage, shredded
3 tbsp. butter or margarine
2 oxo chicken cubes
1 14 oz. can kidney beans
3 carrots, finely sliced
½ lb. green beans, diced
1 small onion, finely sliced
7 C. boiling water
2 oxo beef cubes
handful elbow macaroni
dash of sage
Salt & Pepper to taste

Cook fresh vegetables in butter for 10 mins. Dissolve oxo cubes in boiling water. Combine all ingredients except macaroni - Simmer for approx. ½ hr. more. Garnish with parmesan cheese over each soup bowl. Makes 10 servings.

Wilma Giffen - Burlington

MEAT, FISH

& POULTRY & CASSEROLES

TIME CHART for MEAT, POULTRY and FISH

MEAT and POULTRY	TIME per lb.	OVEN Temperature
Beef, rare	18 to 20 mins.	300 - 350
medium	22 to 25 mins.	300 - 350
well done	27 to 30 mins.	300 - 350
Pork, fresh	35 to 45 mins.	300 - 350
cured, well done	20 to 35 mins.	300 - 350
Ham, smoked	25 to 30 mins.	300 - 350
Lamb	30 to 35 mins.	300 - 350
Veal	25 to 35 mins.	300
All rolled roasts	add 10 to 15 mins. per lb.	
Chicken	22 to 30 mins.	325 - 350
Duck	20 to 25 mins.	325 - 350
Goose	25 to 30 mins.	325 - 350
Turkey, large	20 to 25 mins.	275 - 300
Small	15 to 25 mins.	300 - 325
Fish	20 mins.	325 - 350

AMOUNT OF MEAT TO PURCHASE

TYPE OF MEAT	NO. of SERVINGS	CUT
1 lb.	4	Rolled roasts, flank steaks, liver, heart, kidney, brains, sweetbreads, sausage and most canned meats.
1 lb. (small amount of bone)	3	Round steak, ham slice, pot roast, rib steaks
1 lb. (large amount of bone)	2	Most steaks, shoulder steaks, shoulder cuts, short ribs, breast, plate, neck chops, brisket.

TO STEW MEAT

Beef	40 to 60 mins. /lb.	Veal	25 mins. /lb.
Lamb	20 mins. /lb.	Chicken	20 mins. /lb or more.

TO BROIL MEATS

Tender meats like beef steak and lamb chops, are good for broiling. Preheat broiler for about 10 minutes. Have meat at room temperature. Score edge about every inch to prevent it from curling. Cut off excess fat and use it to grease rack. Place meat in middle of rack. Place rack about 3" from the heating unit and leave oven door slightly open.* Broil the meat until the top side is well browned. Turn and broil second side until it is browned. Cook each side half the required time. Only one turning necessary. Season and serve on a hot platter.

Pan broiling: Heat a frying pan very hot and grease it by rubbing with a little fat. Sear meat on both sides, then cook more slowly until done. Season. Keep free from fat.

LEMON CHICKEN

1/4 C. butter
2 Tbsp. flour
2 C. sour cream
1/4 tsp. pepper
4 chopped scallions (or green onion)
12 fresh mushrooms (sliced)
4 chicken breasts (boneless) slightly pounded
1-1/2 tsp. salt
2 Tbsp. chopped parsley
2 Tbsp. grated lemon rind
3 Tbsp. fresh lemon juice

Melt butter and brown chicken in a fry pan. Remove chicken and stir flour into pan juices, add sour cream, salt and pepper and mix well. Simmer for 3 mins. until sauce thickens. Stir in all remaining ingredients except the lemon juice. Add the chicken and spoon sauce over it. Bake covered at 350° for 1 hour or until chicken is tender. Remove chicken and place on platter. Stir lemon juice into the bake pan juices, pour over the chicken and serve with noodles or rice. Serves 4 - 5. If sauce gets too thick add a little milk.

Julie Zagrajski - Burlington

STUFFED GREEN PEPPERS

6 large green peppers or 8 medium
2 Tbsp. chopped onion
1/8 tsp. garlic salt
1 can Hunts Italian tomato sauce (15 oz.)
1 lb. hamburger
1 tsp. salt
1 C. cooked rice (Minute rice is good)
3/4 C. shredded Mozzarella cheese

Cut tops off peppers, remove seeds and membrane, rinse. Cook peppers in enough boiling water to cover for 5 mins., drain. Cook and stir hamburger and onion in 10" skillet until hamburger is light brown, drain. Stir in salt, garlic salt, rice and 1 cup tomato sauce, heat through. Stuff each pepper with hamburger mixture, stand upright in ungreased baking dish. Pour remaining sauce over peppers. Cook, covered in 350° oven for 45 mins.

Cont'd.....

STUFFED GREEN PEPPERS (Cont'd)

Uncover, cook 15 mins. longer. Sprinkle with cheese.

Very filling. Serve with small portion of egg noodles and garlic bread.

Cheryl Vallee - Oakville

PERFECT TUNA CASSEROLE

1 can cream of mushroom soup
1-1/4 C. crushed potato chips
1/2 C. milk
1 - 7 oz. can tuna, drained and flaked
1 C. peas, cooked and drained

Empty soup into small casserole, add milk and mix thoroughly. Add tuna and 1 C. of the potato chips and peas to soup. Stir well. Sprinkle top with remaining 1/4 C. of potato chips. Bake at 350° for 20 mins. Serves 4.

Judy Clarke - Oakville

CURRY CHICKEN CASSEROLE

1-1/2 C. rice (long grain)
1 can cream of mushroom soup
2 tsp. Soya Sauce
2 tsp. curry powder
1 Pkg. dry onion soup (Lipton)
2 tsp. Worcestershire Sauce
2 Tbsp. Chilie Sauce (optional)

In a large casserole dish, mix the above ingredients. Add 2-1/2 cups boiling water to the mix. Place chicken parts on top (legs, breasts, etc.). Sprinkle with paprika. Cover. Cook at 350° for 1-1/2 - 2 hours.

Diane Inkster - Oakville

OVEN BAKED BEEF SHORT RIBS WITH HONEY

2-3 lbs. beef short ribs
Freshly ground pepper
½ C. Soya Sauce
1 C. clover honey
1 - 2 cloves minced garlic
Pinch Salt
2 tbsp. vegetable oil
2 tbsp. gourmet Bar B Q Sauce (Kraft)

Preheat oven to 350°F. Separate ribs. Place single layer in greased baking dish and sprinkle with salt and pepper. Combine remaining ingredients in blender for 1 min. and pour over ribs coating them thoroughly. Bake covered for 1 hour. Remove cover and bake an extra 20-30 mins. to brown. Remove any fat. Serve over rice, noodles or with potatoes. Use same method for chicken wings.

Thelma Cameron - Burlington

HAMBURGER STROGANOFF

1 lb. ground beef
¼ C. butter or marg.
1 tsp. salt
¼ tsp. pepper
1 can (10½ oz.) condensed cream of chicken soup
½ C. chopped onion
2 tbsp. flour
1 clove garlic - minced
1 can (4 oz.) mushrooms stems and pieces drained
1 C. sour cream

In large skillet cook and stir meat and onion in butter until meat is brown and onion tender. Stir in flour, salt, garlic, pepper and mushrooms. Cook 5 mins., stirring constantly. Stir in soup. Heat to boiling, stirring constantly. Reduce heat, simmer uncovered 10 mins. Stir in sour cream and heat through. Serve over noodles. 4 servings.

Eileen Paterson - Burlington

TUNA BROCCOLI CASSEROLE

½ lb. broccoli
1 can condensed cream of chicken soup
1 - 7oz. can tuna, drained
1/3 C. mayonnaise
fine dry bread crumbs

Cont'd.....

TUNA BROCCOLI CASSEROLE (CONT'D)

or 1 can condensed cream of mushroom soup

grated parmesan cheese

Boil broccoli 15 - 20 mins., omitting salt. Drain and arrange in shallow 1-1/2 quart baking dish. Cover with tuna. Mix soup and mayonnaise and pour over tuna. Sprinkle with bread crumbs and top with generous sprinkle of parmesan cheese. Bake at 350° approx. 20 mins. Serve over rice. Serves four.

Cathy McLaughlan - Oakville

BEEF ROULADEN

4 slices round steak 1/4 " thick
2 dill pickles
2 tsp. prepared mustard
salt and pepper

8 slices of bacon
2 onions
4 slices of swiss cheese or other cheese if desired.

Salt and pepper meat, spread prepared mustard on one side of steaks. Put 2 slices of bacon on each slice of meat, dill pickles quartered, sliced onions, cheese if desired. Roll up, fasten with toothpicks or wind white thread around steaks. Fry in oil or lard until browned all around then add 1 to 1 1/2 C. of boiling water. Simmer for 30 to 40 mins. Thicken gravy with corn starch. Serve with potatoes, noodles or dumplings.

Lydia Muhlbauer - Burlington

SCOTS' NEW YEARS BREAKFAST

2 lbs smoked Finnan Haddie or smoked Haddock

1/4 lb butter
1 pint of milk

Place fish in water to cover and bring to boil to remove excess salt, drain fish in strainer. Melt butter in frying pan and place fish in butter.

Cont'd.....

SCOTS' NEW YEARS BREAKFAST (Cont'd)

Simmer for 15 mins. then add milk. Simmer all ingredients for 1/2 hour at medium heat. Do not allow to boil over. Serve fish with milk sauce and Scottish oatcakes. Serves 4.

Enid Towns - Retired (Burlington)

HAMBURGER AND POTATO ROLL

1 medium onion, chopped
1 lb. hamburger
2 slices bread, top crust removed
1/4 tsp. oregano, rosemary or basil
1 Tbsp. minced parsley or green pepper (optional)
3 strips bacon (optional)
1 Tbsp. drippings
1 egg
1 tsp. salt
pepper to taste
2 Tbsp. dry bread crumbs
2 C. seasoned mashed potatoes
1 small clove garlic minced

Saute onion and garlic in drippings until yellow. Add hamburger. Add egg. Soften bread in water press out excess water and add to hamburger. Add salt, herb, and pepper. Mix thoroughly. Sprinkle a piece of waxed paper with crumbs. Press meat out on crumbs to make a rectangle about 1/2" thick. Beat mashed potatoes with parsley or pepper and spread on top of meat. (If left over potatoes are used reheat in double boiler before spreading.) Using waxed paper to help roll meat and potatoes jelly-roll fashion in loaf pan. Place bacon on top and baste at least once during baking. Bake at 350° for about 1 hour.

Ursula Stolk - Oakville

HAM SQUARES

1 to 1-1/2 lb. ham
1 small onion chopped finely
2 Tbsp. mayonnaise
1 Tbsp. milk
1 to 1-1/2 pkg. cream cheese
1 tsp. chopped pepper
1/4 tsp. hot sauce (H.P. or other)

Cont'd.....

HAM SQUARES (Cont'd)

Mix everything (except ham) 'till creamy. Spread layer upon layer, cheese on ham. (6 layers of ham). Chill. Cut into 1" squares. OR spread cheese between 2 pieces of ham and roll, chill and cut into 1/2" slices.

Renee Haryett - Burlington

NO ROLL CABBAGE ROLLS

1 small cabbage
1/4 C. uncooked rice
1 pint of tomatoes
1 lb. ground beef
1 onion
1/2 C. grated cheese (Swiss, parmesan or mozz.)

Cut cabbage up in small pieces. Spread in a casserole dish to about 2" deep. In a bowl mix together rice, ground beef and chopped onion. Spread mixture over cabbage. Spread pint of tomatoes over mixture. Sprinkle cheese on top. Bake 350° for 45 mins.

Brian Smith - Burlington

CHEESE AND CARROT MEAT LOAF

2 eggs
2 tsp. salt
3 slices bread, crumbled
1/4 C. shredded raw carrot
1/4 C. catsup
1 Tbsp. prepared mustard
2/3 C. milk
1/4 tsp. pepper
1 Tbsp. minced onion
1 C. shredded cheddar cheese
1-1/2 lbs. lean ground beef
1/4 C. brown sugar

Beat eggs with milk; add salt, pepper and bread. Mix until bread absorbs milk. Add onion, carrots, cheese and beef. Blend. Place in 2 quart loaf pan. Mix catsup, brown sugar and mustard. Spread over top of loaf. Bake at 350° for 1 hour.

Fonda Loft - Burlington

CANTONESE-STYLED SWEET AND SOUR PORK

2/3 lb. pork loin
(1) 1 Tbsp. soya sauce
1 egg yolk
1 Tbsp. cornstarch
6 Tbsp. cornstarch
1 can pickled mix vegetables
1 small green pepper
1/2 tsp. chopped garlic
6 C. frying oil

(2) 3 Tbsp. vinegar
3 Tbsp. sugar
3 Tbsp. water
3 Tbsp. ketchup
1/2 tsp. salt

(3) 1-1/2 tsp. cornstarch
1-1/2 tsp. water

I. Remove any fat or tough membrane from pork loin; cut pork into slices 2/3 " thick. Lightly pound slices to tenderize; cut meat into bite-size pieces; mix with (1) and let soak for 20 mins. Before deep-frying meat, mix with 6 Tbsp. cornstarch. II. Remove seeds from green pepper and cut into bite-size pieces. III. Heat oil for frying; deep-fry pork pieces over medium heat for 3 mins.; remove and reheat oil until very hot; refry pork pieces another 30 seconds. Remove and drain. IV. Reheat pan and add 3 Tbsp. oil; stir-fry chopped garlic until fragrant; add green pepper and pickled vegetables and stir-fry briefly; add (2) and when mixture begins to boil; add (3) to thicken. Add fried meat pieces and toss lightly to mix together; remove to serving plate and serve.

Grace Hom - Burlington

TERRIFIC CHICKEN

chicken pieces
vegetable oil
thyme
lemon juice
rosemary
onions

Choose a pan deep enough to be able to submerge the chicken pieces in liquid while baking. Mix 3 parts lemon juice to 1 part vegetable oil in this pan. Add 1/2 Tbsp. of rosemary and 1/2 Tbsp. of thyme to the liquid. Also add two small diced onions. Submerge chicken as much as possible. Do not cover the pan. Cook in oven at 350° until chicken is cooked. Serve hot or cold.

Lynne Cocklin - Burlington

MEAT LOAF

2/3 C. bread crumbs
1-1/2 lb. hamburg
1/4 C. grated onion
1/8 tsp. pepper
3 Tbsp. brown sugar
1/4 tsp. nutmeg
1 C. milk
2 eggs slightly beaten
1 tsp. salt
1/2 tsp. sage
4 Tbsp. ketchup
1 tsp. dry mustard

Soak bread crumbs in milk. Add hamburg, eggs, onion, salt, pepper and sage to milk mixing well and put in greased pan. Combine remaining ingredients and spread over unbaked loaf. Top with bacon strips and bake. (optional). Bake at 350° for 1 to 1-1/2 hours.

Lois McKay - Burlington

MACARONI SUPPER DISH

3 C. uncooked macaroni
1 C. grated cheese
1 20oz can of tomatoes
1 can mushroom soup
1 Tbsp. chili powder
1-1/2 lb. ground beef
1 tsp. pepper
1 tsp. garlic
1-1/2 C. chopped celery
1 green pepper chopped
1 can tomato soup
1 Tbsp. white sugar
2 Tbsp. worchester sauce
2 onions chopped
2 tsp. salt

Brown ground beef, onions, salt, pepper and garlic in frying pan. Mix with other ingredients and put into casserole. Bake 1-1/4 hours at 350°.

Karen McQueen - Burlington

AFTER WORK ALMOND-CHICKEN

4 chicken breasts skinned and boned
4 slices bacon
1/4 C. dry sherry
1/4 cup sliced almonds
1/2 tsp. seasoned salt and pepper
1 can (10oz.) cream of onion soup or mushroom soup

Cont'd.....

AFTER WORK ALMOND-CHICKEN (Cont'd.)

Wrap each chicken breast with a bacon slice and season. Arrange in a baking dish. Cover.
In a micro-wave oven: Cook on high 4-5 mins. Combine soup and wine - pour over chicken. Continue to cook; uncovered on high for 4-5 mins. Allow to stand 5 mins. Top with almonds & serve. In oven: pour soup & wine mixture over chicken & bake at 350° for 45 mins.

Marg Pentecost - Oakville

DON GREEN'S FAVOURITE POLYNESIAN SHISH-KEBAB

(Made by Sandy & Barbecued by Don)

Necessaries:

- 8 15" steel barbecue skewers
- 3 or 4 whole pork tenderloins (depending upon size)
- 3 or 4 med.-small white Bermuda onions
- 1 ripe fresh pineapple
- 4 - 6 small tomatoes, cored & halved (not peeled)
- 2 lge. sweet red peppers
- 1 lge. green pepper
- 8 slices bacon (preferably Schneider's or equally thick)

Marinate:

Mix well the following ingredients:

- 1 C. red wine
- 1 garlic clove (crushed)
- ½ C. Mazola Oil
- 4 tbsp. ketchup
- ½ tsp. marjoram
- ½ tsp. rosemary
- 2 tsp. Worcestershire Sauce
- 2 tsp. sugar
- 1 tbsp. white vinegar
- ½ tsp. salt

Note: The oil will want to settle, so this is best shaken in a jar.

Remove fat and outer connective tissue from tenderloin. Cut pork into 1½" chunks.
Slice peppers & onions. Peel and slice pineapple more than ¼" thick. Cut bacon into 1½" pieces. Marinate pork tenderloin for one hour. Drain marinade and reserve liquid for basting on barbecue. Assemble

Cont'd.....

POLYNESIAN SHISH-KEBAB (Cont'd.)

shish-kebabs. This can be done early in the day and refrigerated. On each skewer, place 1 piece pineapple, then 1 piece pork, then 1 piece bacon, onion slice and one piece pepper. Squeeze tightly together and repeat in same order for five pieces of tenderloin on each skewer. Put tomatoes on separate skewers as they need less cooking and get mushy if left on the barbecue too long.

Lightly salt all shish kebabs.

Place on barbecue grill and baste continually with marinade, turning every two minutes for 20 minutes. Cook slowly, occasionally closing the barbecue lid. Continue basting and turning until done. You will need an old pair of oven mitts--turning the skewers is messy.

Barbecue skewered tomatoes for the last five to ten minutes. Salt lightly and baste with marinade as they cook.

These are very filling and you only need rice as an accompaniment (Chinese fried rice is good with them).

Sandy Green - Hamilton

HIDDEN TREASURE

6 Lean pork chops
1 can mushroom soup
½ C. sour cream
¼ C. water
4 C. potatoes, thinly sliced
1 med. onion sliced
2 Tbsp. parsley, chopped
Salt and pepper to taste

Brown chops, place chops in bottom of casserole, blend soup, sour cream, water and parsley. Alternate layers of potatoes, onion slices, sprinkled with salt and pepper, and sauce. Cover, bake at 375° for 1 hour and 15 min.

Yield - 4 servings

Bev. Hirsch - Burlington

MEAT LOAF (WITH SAUCE)

1 lb. of Ground Beef
3/4 C. onions (chopped)
1 tsp. oregano
1 tbsp. of worcestershire sauce
1 tsp. of thyme
2 eggs
1 lb. of Ground Pork
1 tbsp. horseradish
1 tbsp. dry mustard
1 tsp. ground allspice
1 tbsp. tarragon
1 C. breadcrumbs
Salt & Pepper

Mushroom Sauce:

2 tbsp. butter
2 tbsp. flour
1 tbsp. parsley chopped
Salt & Pepper
1/2 lb. mushrooms thinly sliced
2 C. hot chicken stock (oxo cubes)

Preheat oven to 350°F. Mix all the ingredients in a mixing bowl. Transfer the mixture to a loaf pan. Cover the pan with aluminum foil. Place the pan in a roasting pan containing 1-1/2" of water. Cook in oven at 350°F for 1 hour 30 mins. - Serve with a mushroom sauce.*

*Heat the butter in a saucepan over medium heat. As soon as the butter is hot, add the mushrooms. Season with salt and pepper. Cook for 3 to 4 mins. Add flour and continue cooking for 2 mins. Add the hot chicken stock. Mix with a whisk. Add parsley and cook over low heat for 6 to 7 mins. The meat loaf can be served hot or cold.

Lynne Aitken - Oakville

CANTON CHICKEN

1/4 C. ketchup
3 tbsp. honey
3 tbsp. soya sauce
Chicken legs/parts
2 tbsp. water
1 tbsp. cornstarch in water
2 tbsp. lemon juice

Make sauce with above ingredients. Pour over chicken and leave 2 hours or overnight. Bake at 375° for 30 mins. covered and 30 mins. uncovered to brown. Baste occasionally.

Beryle Patterson - Burlington

HAMBURGER QUICHE

One 9" pie shell
1 med. onion chopped
1 clove garlic
2 eggs
1 lb. lean hamburger
Salt & Pepper to taste
1 C. grated cheddar cheese
2/3 C. milk

Brown hamburger, onion & garlic together and drain. Add seasonings. When mixture is cool, place in pie shell and pat down. Sprinkle grated cheese on mixture. Mix milk and eggs together and pour over the top. Bake at 425° for 20 mins. then lower heat to 350°. Continue baking until brown. (approx. 20 mins.)

Ellen Smith - Oakville

BEEF & RICE CASSEROLE

1-1/3 C. pre-cooked rice
1-1/2 C. sliced celery
1 lb. ground beef
Dash pepper
1/4 C. water
2 tbsp. butter
3 tbsp. onion
1 tsp. salt
1 can tomato soup

Preheat oven to 375°. Cook rice as directed on label. Saute celery and onion in hot butter until tender. Place cooked rice in greased casserole dish. Top with celery and onion mixture. Combine meat, salt & pepper, brown in remaining butter. Arrange on top of celery and onion in casserole. Combine soup and water. Pour over meat. Bake uncovered for 35 mins.

Gail Ralph - Burlington

5 - HOUR STEW

1-1/2 to 2 lbs. stewing beef (browned)
2 lge. onions
1 tbsp. brown sugar
1 tin mushrooms
8 med. carrots
3 tbsp. minute tapioca
Salt & Pepper
1 C. celery
2 C. canned tomatoes

Cont'd....

5 - HOUR STEW (Cont'd.)

Cut up and mix together in a large casserole. Do not lift lid until done. Bake at 250° for 5 hours.

Barb Brooks - Burlington

MEAT LOAF

1-1/2 lbs. hamburger
3/4 C. rolled oats
1-1/2 tsp. salt
1/4 tsp. pepper
1/4 C. chopped onions
1 egg beaten
3/4 C. milk
1/4 tsp. horseradish
1 tsp. mustard

Topping
1/3 C. ketchup
1 tsp. brown sugar
1 tsp. prepared mustard

Combine all ingredients thoroughly & pack into 8-1/2" x 4-1/2" x 2-1/2" loaf pan. Spread with topping. Bake at 350° for 1 to 1-1/2 hours.

Lynda Hadubiak - Burlington

BEEF BARBECUE SAUCE

1 small bottle of Catsup
½ tsp. dried ginger
½ tsp. dried allspice
½ tsp. red pepper
1 tbsp. sugar
2 lge. onions
½ tsp. dried mustard
½ tsp. dried cinnamon
2 tbsp. vinegar

Cook a three pound piece of beef or pork. Remove meat and to the broth add the above ingredients. Let boil - chop meat fine - cook all for ½ hour. Pour over hamburger buns or toast.

Arlene Shinn - Oakville

CHICKEN WITH BROCCOLI AND WALNUTS

2 large chicken breasts, deboned and cut into small cubes
1 tsp. salt
1 tsp. ground ginger
2 Tbsp. cornstarch
1 large egg white, lightly beaten
1/3 C. peanut oil
4 large broccoli spears, cut into small pieces
2 C. shelled halved walnuts
1 tsp. soft brown sugar
2 Tbsp. soya sauce
3 Tbsp. rice wine or dry sherry

Rub the chicken cubes first with the salt, then the ginger and finally with the cornflour (cornstarch). Transfer them to a bowl and pour over the beaten egg white. Stir around gently so that all the cubes are coated, Heat the oil in a large frying-pan. When it is very hot, add the chicken cubes and stir-fry over moderately high heat for 3 minutes. Using a slotted spoon transfer the cubes to a plate and keep hot. Add the broccoli pieces and walnuts to the pan and stir-fry for 1 minute, or until they are well blended. Stir in the sugar, soya sauce and wine or sherry and cook for 1½ minutes. Transfer the mixture to a warmed serving bowl and serve at once. Preparation and cooking time: 30 minutes.

Amy Forde - Burlington

SWEET AND SOUR SPARERIBS

3 lbs. spareribs cut in serving pieces
1 can (19oz) or 2 cans (10oz) Del Monte stewed tomatoes
5 Tbsp. sugar
3 Tbsp. vinegar
2 Tbsp. cornstarch
2½ tsp. salt
1½ tsp. Worcestershire sauce
2 small cloves of minced garlic

Roast ribs uncovered in 350°F oven for 30 minutes. Combine remaining ingredients in saucepan. Bring to a boil, cook until slightly thickened. Pour sauce over ribs, continue roasting until meat is tender (about 30 minutes) basting occasionally. Makes about 6 servings.

Marie Turner - Burlington

SOLE WITH WINE-HOLLANDAISE SAUCE

8 med. sized fillets of Sole
3 green onions (chopped)
3 sprigs parsley
2 C. hollandaise sauce (canned or made from your own recipe)
Additional seedless grapes & chopped parsley for garnish
3/4 C. seedless grapes
3 small tomatoes (peeled, seeded & chopped)
Dry white wine (approx. 1-3/4 C.)
Salt & Pepper

Place sole fillets in bottom of a large shallow pan, overlapping as little as possible. Arrange grapes over fish, cover with chopped tomatoes, green onions and sprigs of parsley. Pour over white wine, barely to cover. Simmer very slowly for about 10 mins., or just until the fish will flake when tested with a fork. Carefully remove sole to a hot, rimmed serving dish. Keep warm in oven. (Serves 5-6)

Enid Towns - Retired (Burlington)

SWEET SOUR PORK

1 lb. lean pork
¼ tsp. sugar
2 tbsp. sherry
1 small onion
2 slices pineapple
1 egg
2 tbsp. flour
1 tbsp. water
2 thin slices fresh ginger root
¼ tsp. salt
1 tbsp. soya sauce
1/8 tsp. black pepper
1 green pepper
2 carrots (cut diagonally into 1 inch pieces)
½ tsp. salt
2 tbsp. oil
1 clove garlic (crushed)
Oil for deep frying

Sweet sour sauce:

½ C. sugar
4-5 tbsp. light soya sauce
2 tbsp. sherry
1-1/2 tbsp. cornstarch dissolved in ½ C. water
½ C. vinegar
1 tbsp. dark soya sauce (optional)

Cont'd....

SWEET SOUR PORK (Cont'd.)

Combine ingredients for sweet sour sauce in a saucepan. Mix cornstarch and water for the sauce, but do not add it yet. Cut the pork in pieces 1 to 1½" thick. Mix salt, sugar, soya sauce, sherry and pepper. Add pork, toss to coat and marinate for 20 mins. turning meat twice. Cut the onion and pepper into 1 to 1½" lengths. Cut the pineapple rings into pieces. Boil carrot in salty water for 4 mins. Rinse under cold water and drain. Combine egg, flour, salt and water to make a batter. Heat 2 tbsp. oil in a wok. Add ginger and garlic and stir fry for 30 seconds. Discard garlic. Add vegetables and stir fry for 2½ mins. Heat the sweet and sour sauce in a saucepan. Add sauce to vegetables and stir in cornstarch mixture to thicken. Heat the oil for deep frying. Coat pork pieces lightly with batter and deep fry until golden brown. Drain, add to the sauce and stir to coat.

Theresa Lau - Oakville

GREEK MUSSAKA

2 med. eggplants
salt
flour
4 eggs
½ C. salad oil
1½ C. milk
½ tsp. nutmeg
2 egg yolks
½ lb. ground lean pork or beef or combination
1 clove garlic (crushed)
¼ tsp. pepper
¼ C. oatmeal or fine bread crumbs
4 tbsp. flour
1 C. chopped onions
6 tbsp. butter
Sour cream
1 lb. ground lean lamb

Cut peeled eggplants in ½" slices; sprinkle with salt and let stand for 15 mins. Drain. Dust slices with flour. Beat eggs; dip slices in eggs and brown quickly in hot oil in frying pan. Remove slices to a platter. Save leftover egg. Melt 3 tbsp. butter in frying pan, add onions and cook until golden. Combine meats, leftover egg, garlic, pepper, ¼ tsp. salt, oatmeal or crumbs. Add to onion and cook and stir

Cont'd.....

GREEK MUSSAKA (Cont'd.)

until meat is browned and crumbles. Prepare a white sauce of remaining 3 tbsp. butter, 4 tbsp. flour and the milk. Add nutmeg and ½ tsp. salt. Beat egg yolks and stir while adding a little of the hot sauce to them. Stir egg mixture into remaining sauce so that it is completely blended. Line a shallow 3-4 qt. casserole with a layer of eggplant. Cover with a layer of meat. Repeat until all eggplant and meat are used, ending with eggplant. Pour sauce evenly over the casserole; Bake at 375°F. for about 50 mins. Cut in squares; serve with sour cream. (Serves 6 - 8)

Note: Casserole consisting of layers of eggplant and meat can be made up ahead and baked when needed.

Thelma Cameron - Burlington

MICROWAVE CHICKEN & WINE

4 - 6 halved chicken breasts (boned or unboned)
½ C. dry sherry
1 tin or ½ lb. mushrooms, sliced
1 tsp. each seasoned salt and pepper
1 - 10oz. tin condensed golden mushroom or mushroom soup

Arrange chicken in baking dish, skin side down. Sprinkle with seasonings. Cover with wax paper. Cook on high for 10 mins. Turn pieces over. Combine soup, wine and mushrooms. Pour over chicken. Cook, uncovered on high for 10 - 12 mins. Cover and allow to stand 5 mins. before serving.

Note: To adapt to oven method - follow recipe and bake uncovered 45 mins. at 350°.

Marg Pentecost - Oakville

MINUTE RICE MEATBALLS

1 can cream of mushroom soup
1½ lbs. ground beef
1 tbsp. grated onion
½ C. water
1 C. minute rice
1 tsp. salt
dash of pepper

Cont'd.....

MINUTE RICE MEATBALLS (Cont'd.)

Mix soup and water, set aside. Combine minute rice with rest of ingredients. Add ½ C. of the soup mixture and mix well. Shape into 18 balls. Place in fry pan; add remaining soup mixture. Bring to boil and simmer 15 mins. basting occasionally. (Serves 6).

Judy Clark - Oakville

CHICKEN DIVAN

1 large bunch broccoli cut up (or 2, 10 oz. frozen packages)
1 C. mayonnaise
1 tsp. lemon juice
½ tsp. curry powder
3/4 C. shredded cheddar cheese
3 C. cooked boneless chicken
1 can cream of mushroom soup (10 oz.)
1 can cream of chicken soup (10 oz.)
½ C. bread crumbs, combined with tbsp. melted butter

Cook broccoli only until a little tender. Arrange in a large greased casserole dish. Place the cooked chicken on top. Mix the soups, lemon juice, mayonnaise and curry powder and stir until smooth. Pour over the chicken. Sprinkle with cheese and crumbs. Bake uncovered at 350° for 45 mins. or refrigerate and bake the next day.

Helga Cappa - Burlington

SPARERIBS "ALOHA"

½ C. finely diced onion
2 (7½ oz.) cans Hunts sauce
1/3 C. vinegar
¼ C. brown sugar
½ tsp. dry mustard
¼ C. diced green pepper
1 tbsp. worcestershire sauce
1 (19 oz.) can crushed pineapple

Cont'd.....

SPARERIBS "ALOHA" (Cont'd.)

Salt and pepper ribs. Bake at 350° for 30 - 40 mins. Pour off fat. (While ribs are roasting mix remaining ingredients and let stand to blend flavor.) Pour sauce mix over ribs and bake another 45 - 50 mins.

Trudy Dikkeboom - Burlington

HONEY RIBS

Soy Sauce
1 C. sugar
8 oz. honey
3/4 C. vinegar
1 C. pineapple juice
3 - 4 lbs of Ribs
(any kind of Pork ribs)

Bake ribs smothered in soya sauce for 25 - 35 mins. at 325°. Mix sugar, honey, vinegar and pineapple juice. Add ribs and may add soya sauce from baking pan to taste. Bring sauce and ribs to boil. Reduce heat and simmer at low for at least one hour. The longer you simmer the more flavor you'll get.

Terri Rogers - Oakville

FRIKADELLER (DANISH MEATBALLS)

1 lb. ground pork
1/2 C. warm water
1 egg
1 tsp. onion powder
2/3 C. milk
1/2 C. flour
1 tsp. salt
1/2 tsp. pepper

Mix ingredients together thoroughly. Form meatballs with greased spoon in palm of hand. (The more mixture is stirred the better the result.) Fry at med. to high setting for 20 - 25 mins.

Ann Foss - Pedersen - Burlington

STUFFED BONELESS CHICKEN

Buy a boneless chicken or take bones out yourself. Stuffing Ingredients:

1 C. of parmesan cheese
2 eggs
½ tsp. salt
dash of pepper
finely chopped garlic (just a touch)
parsely
1 C. cut up chicken breast

Mix all ingredients together, stuff the chicken. Be sure to wrap the chicken in string very carefully and let it cook for 4 hours at 300°C. Cut it in slices and serve with sliced oranges or lemon, whichever you prefer.

Libby Marinucci - Burlington

"JING-DU" SPARERIBS - CANTONESE

1 1/3 lbs. small spareribs
6 C. fried oil

(1) ½ Tbsp. soya sauce
½ tsp. salt
1 tsp. sugar
½ Tbsp. rice wine
½ Tbsp. chopped garlic
3 Tbsp. cornstarch

(2) 1 Tbsp. worcestershire sauce
1 Tbsp. ketchup
½ Tbsp. sugar
¼ tsp. sesame oil
2 Tbsp. water

I. Cut spareribs into 20 sections: mix with (1) and let sit 20 minutes. Before deep-frying, mix with 3 Tbsp. cornstarch.

II. Heat oil for deep-frying: deep-fry spareribs for 4 minutes over medium heat: remove and heat oil until very hot. Re-fry spareribs for 1 minute over high heat; remove and drain.

III. Heat ingredients of (2) until boiling; add spareribs and 1 Tbsp. fried oil; toss lightly to coat spareribs with sauce; remove and drain

Garnish with tomato slices.

Grace Hom - Burlington

WIENER SCHNITZEL

4 Veal cutlets
½ C. All-purpose flour
1 tsp. salt
½ tsp. paprika
¼ tsp. pepper
1 egg
2 Tbsp. water
1 C. bread crumbs
¼ C. shortening
1 lemon, cut into wedges

Mix flour, salt, paprika and pepper. Coat meat with flour mixture, pound until ¼ inch thick. Beat egg and water until blended. Dip meat into eggs mixture, then coat with bread crumbs.
Melt shortening in large skillet, brown meat quickly. Reduce heat; cover and cook about 45 minutes.
Serve with lemon wedges.

Cathy Partington - Burlington

SEVEN LAYER DINNER

Into a nine inch casserole place ½ inch layer of thinly sliced raw potatoes, a layer of thinly sliced raw onions, a layer of thinly sliced raw carrots, 4 or 5 medium sized are sufficient. Sprinkle ¼ cup uncooked rice over the three layers. Add 1 tin peas and their liquid. A pound of pork sausages on top.

Pour over 1 tin of mushroom soup, diluted with 1 tin of water or milk over all. Season and bake covered in 350° oven for 1 hour.
At the end of the cooking time turn sausages over and leave casserole uncovered for 1 more hour of baking.
Garnish with pickles, crabapples or apple wedges.

Eva Luksic - Oakville

ITALIAN HERB PIE

1½ lbs. (750 g) ground beef
2 Tbsp. (30ml) butter
1 small onion, chopped (½C. 50ml)
4 TBsp. (60ml) flour
1 can(1 lb.-500g) tomatoes
1 can(8 oz. -225g) tomato sauce
3 Tbsp. (45ml) grated parmesan cheese
1 Tbsp. (15ml) sugar
2 tsp. basil (5ml)
½ tsp. salt (2ml)
½ tsp. garlic salt (2ml)
½ tsp. (2ml) oregano
dash of pepper
cheddar cheese slices or mozzarella cheese
herb pastry (see recipe)

Brown ground beef in butter for about 10 minutes. Saute onion just until soft in small pan. Blend in flour, tomatoes, parmesan cheese and seasonings. Heat, stirring constantly until mixture thickens slightly, then simmer 10 minutes. Stir in ground beef. While filling simmers, prepare Herb Pastry. Roll out 2/3 of dough to a 12" round on a slightly floured pastry cloth or board, fit into a 9" pie plate. Trim overhand to ½", turn under, flush with rim; flute to make a stand-up edge. Spoon meat mixture into prepared shell, arrange cheese slices on top. Roll out remaining pastry to 1/8" thickness, cut into rounds with a 2" cutter, place on top of cheese. Bake in hot oven (400°)F for 35 minutes or until pastry is golden and filling is bubbly hot. Cool 5 minutes on a wire rack. Cut and serve. Serves 8.

HERB PASTRY

Mix 1½ C sifted flour, ½C.grated parmesan cheese, 1 tsp. garlic salt and 1 tsp. oregano in a medium sized bowl. Cut in ½ C. butter until mixture is crumbly. Sprinkle 4-5 Tbsp. cold water over, 1 Tbsp. at a time, mixing lightly with a fork until pastry holds together and leaves side of bowl clean.

Bill Gamble - Burlington

BEAN STUFF

1 ½ lbs. ground beef
6 slices cooked bacon
1 chopped onion
1 chopped green pepper

Cont'd....

BEAN STUFF (Cont'd)

1 clove garlic (optional)
2 Tbsp. molassas
2 Tbsp. brown sugar
1 tsp. mustard
½ C. vinegar
1 tsp. worchester sauce
1 Tbsp. salt
1-14 oz. can tomatoes
1-14 oz. can pork & beans
1-14 oz. can kidney beans

Brown onion and meat. Add remaining ingredients. Bake 2-3 hours uncovered at 325°. Stir occasionally. Excellent with ham.

Wanda Curtis - Oakville

WAIKIKI MEATBALLS

1 ½ lbs. ground beef
2/3 C. cracker crumbs
1/3 C. minced onion
1 egg
1½ tsp. salt
¼ tsp. ginger
¼ C. milk
1 Tbsp. shortening
2 Tbsp. cornstarch
½ C. brown sugar (packed)
1 can (13½oz.) pineapple tidbits, drained (reserve syrup)
1/3 C. vinegar
1 Tbsp. soya sauce
1/3 C. chopped green peppers

Mix together the first 7 ingredients. Shape mixture by rounded tablespoonfuls into balls. Melt shortening in large skillet; brown and cook meat balls. Remove meat balls but keep warm. Pour fat from skillet. Mix cornstarch and sugar. Stir in reserved pineapple syrup, vinegar and soya sauce until smooth. Pour into skillet and cook over medium heat, stirring constantly until mixture thickens and boils. Boil and stir 1 minute. Add meatballs, pineapple tidbits and green peppers. Heat through. Makes 6 servings.

Sharon Hardy - Burlington

QUICHE LORRAINE

1 small onion, finely chopped
4 oz. bacon
4 oz. Cdn. cheddar cheese
3 eggs
½ C. milk
dash salt & pepper
parsley flakes (opt.)
pastry crust (unbaked)

Cont'd....

QUICHE LORRAINE (Cont'd)

Fry chopped onion in small amount of butter. Chop bacon into small bits and fry up. Beat eggs and milk together in mixing bowl. Grate cheese and add in. Add bacon, onion, salt and pepper. Pour into pastry shell. Sprinkle parsley flakes over top for nice decorative touch. Bake at 400° for 25 minutes or until filling is set and pastry is golden brown.

Doreen Morgan - Burlington

HAWAIAN MEATBALLS

Meatballs:
3 lbs. hamburger
1 box onion soup mix
crackers (crushed finely)
1 tsp. ginger
3 eggs

Sauce:
1/3 C. vinegar
1 lge. can pineapple juice (unsweetened)
1 - 19 oz. can sliced pineapple
1 tbsp. soya sauce
½ C. brown sugar

Meatballs: Brown slightly before mixing with sauce.
Sauce: Bring sauce to a boil and add corn starch to thicken. Cut sliced pineapple into sections.
Mix meatballs with sauce and pour into a casserole dish. Put mixture in oven for approximately one hour at 350°F. Garnish with green pepper if desired.

Marion Huibers - Hamilton

CATRINKA'S HOT PEPPERED SHRIMP

1 lb. shrimp, unshelled
¼ lb. butter
3-4 tsp. black pepper
juice of ½ lemon

In a large baking pan combine shrimp, butter and pepper; bake for 15 minutes (more or less to taste). Squeeze lemon over shrimp, if you wish. You may eat right from pan on newspapers or with plenty of napkins. Serves two. Best served with very cold beer. Bake at 350°.
Cathy McCallum - Burlington

TUNA BURGERS

2-7 oz. cans flaked tuna
2 C. thinly sliced celery
½ tsp. salt
2 tsp. grated onion
1 C. mayonnaise
2 Tbsp. lemon juice
½ C. grated cheese
10 hamburger buns

Mix all ingredients (first seven) together. Split and butter buns. Spread with tuna mixture. Wrap each tuna burger in foil. Place in oven and bake 10-15 minutes at 450°. Tuna burgers can be prepared ahead of time and stored in the refrigerator until time to serve.

Pat Chagnon - Burlington

TUNA CASSEROLE

1 can Cream of Mushroom soup
1 small can Evaporated Milk (3/4 cup)
1 tin tuna
2 C. shoestring potato sticks

Mix all ingredients and put in buttered casserole dish. Bake at 350° for 20-25 minutes.

Ron Pink - Burlington

CREAMY VEAL RAGOUT

1 lb. stewing veal
1 Tbsp. oil
2 C. water
½ C. chopped onion
½ C. chopped celery
2 tsp. salt
1 tsp. ground thyme
1½ C. cubed potatoes
1½ C. cubed carrots
1½ C. frozen peas
¼ C. flour
1½ C. undiluted carnation 2% evaporated partly skimmed milk

Cut veal into 1 inch pieces. Brown in oil in a large saucepan. Add water, onion, celery, salt, and thyme. Cover and boil gently for 30 minutes. Add potatoes and carrots. Boil gently an additional 20 minutes. Add peas. Combine flour and a small amount of Carnation 2% to make a paste. Gradually stir in remaining

Cont'd.....

CREAMY VEAL RAGOUT (Cont'd)

Carnation 2%. Add to saucepan and cook over medium heat, stirring constantly, until mixture comes to a boil and thickens. Makes about 7 cups.

Sonya Palla - Burlington

CARBONNADE OF BEEF

2 lbs. beef chuck (round steak) cut in 1½" cubes
¼ C. flour
½ tsp. salt
1/8 tsp. pepper
3 slices bacon in ½" pieces
1 Tbsp. salad oil
2 C. sliced onions
1 Tbsp. brown sugar
1 Tbsp. cider vinegar
1 bay leaf
¼ tsp. dried thyme
1 can (12 oz.) beer
1 Tbsp. Dijon mustard

Pat beef dry. Combine flour, salt and pepper on a plate or waxed paper. Coat beef in flour. Set aside. In large Dutch oven cook bacon over medium heat until crisp. Remove with slotted spoon. Add oil to bacon drippings. Brown meat, a few pieces at a time, on all sides. Remove. Repeat until all meat is browned. Add onions. Saute. Add the remaining ingredients, bacon and beef. Bring to a boil. Cover. Reduce heat, simmer 2½ hours or until beef is tender. Makes 4 servings. (535 calories per serving)

Beryle Patterson - Burlington

CHICKEN & MUSHROOM

1 whole chicken breast (skinned, de-boned & cut into ¼" cubes
½ tsp. salt
1/8 tsp. white pepper
2 tsp. cornstarch

Cont'd.....

CHICKEN & MUSHROOM (Cont'd)

2 Tbsp. oil
1 thin slice fresh ginger root (minced)
1 C. small button mushrooms
½ green pepper, cut into strips 1½" long
2 Tbsp. cornstarch (dissolved in 2 Tbsp. Chichen broth)

Mix salt, pepper and cornstarch. Add chicken cubes and toss to coat. Heat the oil in a wok until very hot. Add ginger root and stir-fry ½ minute. Add chicken and stir-fry until all traces of pink have disappeared. Remove chicken from the pan. Add mushrooms and green pepper and stir-fry 1½ minutes. Return chicken to the pan. Add cornstarch mixture and stir until thickened. Serve immediately.

Theresa Lau - Oakville

BARBECUED OVEN SPARERIBS

3 lbs. of lean pork spareribs
¼ C. vinegar
1 C. ketchup
½ C. diced celery
1 Tbsp. Worchestershire sauce
1 medium sized onion
4 Tbsp. of brown sugar
1 C. water
1 tsp. salt

Cut ribs into bite size pieces. Place in roasting pan. Slice the onion and place over ribs. Mix all the other ingredients in a bowl and stir well. Once mixed pour this mixture evenly over the ribs. Put in oven at 350°, leaving the pan uncovered and let cook for 2 hours.

Kathy Gulas - Burlington

DAVID LEE'S STIR-FRY BEEF WITH BROCCOLI

½ lb. round steak
1 Tbsp. cornstarch
¼ tsp. black pepper
1 Tbsp. sherry
1 small clove garlic, (minced)
1 tsp. ginger, minced (or ½tsp. powder)
1 tsp. sesame oil
Soya Sauce to your own taste
2 tsp. oyster sauce
1 small onion, cut in eights
1 small bunch fresh broccoli, cut in 1" pieces
4 Tbsp. beef stock
2 Tbsp. oil
Hot Cooked Rice

Partially freeze beef (it will slice thinner). Slice it thinly across the grain. Combine cornstarch, pepper, soya sauce, sherry, sesame oil, oyster sauce, ginger and garlic. Add meat and mix. Heat wok and add 1 Tbsp. oil. When almost smoking add onion, broccoli and toss 2 minutes. Add half the beef stock; cook covered 3 to 4 minutes. Remove to platter. Wipe wok with paper towel. Heat remaining oil to almost smoking, and meat and toss until just browned. Still RARE. Add vegetables and toss. Add beef stock and cook until the sauce thickens. Serve immediately with rice. Serves two. Serve as incredible entree or as part of a Chinese extravaganza.

Cathy McCallum - Burlington

HAM PADDIES

1 chicken oxo cube
½ C. chopped celery
2 C. ground cooked ham
2 C. bread crumbs
½ tsp. dry mustard
2 beated eggs

Dissolve chicken oxo cube in ½ cup boiling water. Add ½ cup finely chopped celery. Cook 5 minutes. Add ground cooked ham, bread crumbs, and dry mustard. Mix well. Add eggs. Shape into 6 patties. Brown with 2 Tbsp. of oil or margarine. Cook 3 minutes each side.

Alice Frise - Burlington

SWEET AND SOUR MEATBALLS

1 lb. hamburger
½ C. dry bread crumbs
2 Tbsp. finely chopped onion
¼ C. milk
1 tsp. salt
½ tsp. Worcestershire sauce
1 egg

Mix ingredients, shape into twenty 1½ inch balls. Cook over medium heat, turning occasionally, until brown, about 20 minutes, or cook in ungreased oblong pan, 13 x 9 x 2 inches, in 400° oven until light brown, 20 to 25 minutes.

Audrey MacKay - Burlington

SWEET AND SOUR SAUCE

½ cup packed brown sugar
1 Tbsp. cornstarch
1 can (13¼ ounces) pineapple chunks.
1/3 cup vinegar
1 Tbsp.Soy Sauce
1 small green pepper, coarsely chopped

Mix brown sugar and cornstarch in skillet. Stir in pineapple (with syrup), vinegar, and soy sauce. Heat to boiling, stirring constantly, reduce heat. Add meatballs. Cover, simmer, stirring occasionally, 10 minutes. Stir in green pepper. Cover, simmer until crisp - tender, 5 minutes.

Audrey MacKay - Burlington

SPAGHETTI SAUCE

1 lb. hamburger
celery chopped
1 tin tomato juice
1 med. tin stewed tomatoes
2 tsp. garlic powder
1 tsp. crushed pimento (very hot)
3 med. onions, chopped
mushrooms sliced
1 med. tin tomato sauce
1 envelope spaghetti powder
3 bay leaves

Simmer for one hour, after browning onions, mushrooms, celery and meat. Pour into containers to freeze.

Bill Chamberlain - Oakville

FETTUCCINE WITH MARINARA SAUCE

3/4 lb. Primo egg nest
1 tin Primo plum tomatoes (28 oz)
4 Tbsp. vegetable oil
1 clove garlic
1/8 C. chopped fresh parsley
salt and pepper to taste

In a saucepan place oil and garlic. Saute until golden. Remove the garlic add tomatoes, parsley, salt and pepper and simmer on low heat for 20 to 30 mins. Boil the egg nest in plenty of salted water; drain well. Pour sauce over and serve. Add grated parmesan cheese.

Sergio Borghesi - Oakville

JAPANESE TEMPURA SHRIMP

8 lge. shrimp (cleaned, deveined, & tail left on)
8 pieces white fish (perch, smelt, sole or plaice) cut into 1" x 4" fillets
4 pieces cuttle fish, skinned, cut in 1" x 4" fillets and scored with knife across both sides
One green pepper, cut into strips
One eggplant, cut into quarters

Batter:
1 egg
1 C. water
1½ C. sifted all purpose flour
Vegetable oil for frying

Sauce:
2 tbsp. sake
2 tbsp. soya sauce
2 tbsp. sugar
1 C. liquid - use either:
vegetable consomme OR
soup stock/oxo cubes OR
HP sauce dissolved in 1 cup water
2 tbsp. grated radish

Cont'd.....

JAPANESE TEMPURA SHRIMP (Cont'd.)

Make batter:
Beat egg and water. Fold in the flour - do not beat. This way the fish and veg. pieces will have lumps of batter on them when they are fried - makes for a better taste.

Fry:
Coat pieces of fish and veg. lightly in a separate bowl of flour. Dip in batter. If lumps of batter cling on, leave them on. Heat oil to 175°C using a pan at least 2½" deep. When oil is hot, roll pieces around to completely coat with oil, and fry until batter turns a light golden colour. (Veg. will cook faster than the fish).
Drain well in a single layer on paper towel. Do not layer the pieces because the batter will go soggy.

Make Sauce:
Mix sauce ingredients, except radish, together and divide equally into four bowls. Sprinkle the grated radish on top. Serve fish on a platter, and dip in sauce before eating.

Brian & Miho Glynn - Hamilton

BREADS, ROLLS

& COOKIES

OVEN TEMPERATURE CHART

Slow	250 degrees - 325 degrees F.
Moderate	325 degrees - 375 degrees F.
Moderate Hot	375 degrees - 425 degrees F.
Hot	425 degrees - 450 degrees F.
Very Hot	450 degrees - 475 degrees F.

BREADS	Minutes	Temperature
Loaf	50 - 60	350 - 400
Rolls	20 - 30	400 - 450
Biscuits	12 - 15	400 - 450
Muffins	20 - 25	400 - 450
Popovers	30 - 40	425 - 450
Corn Bread	25 - 30	400 - 425
Nut Bread	50 - 75	350
Gingerbread	40 - 50	350 - 370
COOKIES		
Drop	10 - 15	350 - 400
Rolled	8 - 12	375 - 400
Ice Box	8 - 12	375 - 400
Molasses	10 - 15	350

PROPORTIONS FOR BATTERS AND DOUGHS

Pour Batter -- To 1 cup liquid use 1 cup flour.
Drop Batter -- To 1 cup liquid use 2 - 2½ cups flour.
Soft Dough -- To 1 cup liquid use 3 - 3½ cups flour.
Stiff Dough To 1 cup liquid use 4 cups flour.

PROPORTIONS

Biscuits	- To 1 cup flour use 1¼ teaspoons Baking Powder
Muffins	-- To 1 cup flour use 1½ teaspoons Baking Powder
Popovers	-- To 1 cup flour use 1¼ teaspoons Baking Powder
Waffles	- To 1 cup flour use 1¼ teaspoons Baking Powder
Cake with fat	-- To 1 cup flour use 1 teaspoon Baking Powder

FOR THE COOKY JAR

Cooky dough that is to be rolled is much easier to handle after it has been in a cold place 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. In rolling, take out on a floured board, only as much dough as can be managed easily. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges. When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

STEVE GREEN'S FAVOURITE OATMEAL CHOCOLATE CHIP COOKIES (AS MADE BY SANDY & EATEN BY STEVE - ALSO POPULAR WITH "EVERGREEN" CREW)

1 C. butter softened
1 C. brown sugar
2 C. Monarch Cake & Pastry Flour - sifted
2 C. rolled oats
1 tsp. baking soda, dissolved in ¼ C. warm water
½ tsp. vanilla
Pinch salt
1 6 oz. pkg. chocolate chips (or more if you wish)

Cream butter, add sugar, then flour & oats. Add soda dissolved in water & vanilla. Mix well & add chocolate chips. Drop by teaspoons on baking sheet. Dip a fork in water & press each cookie flat. Bake at 375° for 8-10 minutes until golden brown. Cool and enjoy. (Raisins may be used instead of chocolate chips. Cookies can be made plain and sandwiched over your favourite date filling for date squares).

Sandy Green

HELLO DOLLY'S

¼ C. butter
1 C. graham crumbs
1 C. coconut
1 C. chocolate chips
1 C. walnuts
1 - 15 oz. can Eagle Brand Milk

Melt butter in 8" x 8" baking pan. Add a layer of graham wafer crumbs, coconut, chocolate chips, walnuts. Do not mix. Add layer on layer in order listed. Last, pour Eagle Brand Milk over top. Bake at 350° for 30 mins. Loosen in pan (after baking) and cut into squares.

Sharon Crisp - Oakville

BLUEBERRY MUFFINS

1½ C. self rising flour
½ C. sugar
¼ C. butter or margarine softened
1 egg broken into measuring cup & mixed with enough milk to make 1 cup.
1 C. fresh or frozen blueberries barely thawed if frozen.

In medium bowl, combine flour & sugar. Cut in butter until mixture resembles coarse crumbs. Add egg-milk mixture, stir (do not beat) until all is moist. Fold in blueberries. Fill 12 greased muffin tins about 2/3 full. Bake at 400° 20-25 mins.

Maria Kaman - Oakville

DATE & NUT SURPRISES

1 pkg. pitted dates (small)
1 C. sugar
¼ lb. butter or margarine
1 egg
1 tsp. vanilla
2 C. rice krispies
½ C. nuts
Shredded coconut

Place dates, sugar, butter & egg in saucepan. Cook stirring 8 to 10 mins. over low heat until well blended. Add vanilla. Set aside to cool. Stir in rice krispies & nuts. Roll into balls & roll each ball in shredded coconut.

L. Gouveia - Oakville

UNBAKED COOKIES

½ C. butter or marg.
¼ C. milk
2 C. sugar
½ C. cocoa
1 C. coconut
2 C. quick cooking oats

Boil together for 5 mins. sugar, butter & milk. Combine rest of ingredients in bowl. After 5 mins. of boiling add dry ingredients & cook another 2 mins. Drop by teaspoons on waxed paper & let cool.

Joan Irwin - Oakville

DONUTS IN A PINCH

Pizza Dough (1 lb. bag)
can be purchased at any bakery or make your own and keep in freezer.
Raisins (Light Seedless)
Oil
Sugar

Thaw Pizza Dough (room temperature). Knead slightly. Break dough in small pcs. and roll into small balls. Press as many raisins as you like into dough. Deep fry until golden in colour. Remove and drain on paper towel. While still warm, roll in sugar, icing sugar or fruit sugar.

Vi Harras - Oakville

EASY CHEESE BISCUITS

1 3/4 C. sifted all purpose flour
2 tsp. baking powder
1 tsp. salt
¼ tsp. dry mustard
2/3 C. milk
1/3 C. corn oil
½ C. grated old cheddar cheese

Mix dry ingredients. Pour in milk, corn oil and cheese. Mix with fork until soft dough. Knead into ball. Pat out until ½" thick and cut into 2" circles and place on ungreased cookie sheet. Serve hot. Bake at 450° 12-15 mins.

Laurel Wilson - Burlington

HEAVENLY SQUARES

Base:
¼ C. margarine
½ C. brown sugar
1 C. all purpose flour
½ C. (approx.) jelly (jam)

(Cont'd).....

HEAVENLY SQUARES (Cont'd)

Topping:
2 eggs
1 C. brown sugar
1 C. crushed cornflakes
1 C. graham crumbs
1 tbsp. flour
¼ C. coconut
12 maraschino cherries (cut up small)

Base: Cream margarine. Add ¼ C. brown sugar. Add 1 C. flour (a little at a time) until well blended. Pat in the bottom of an 8" square pan (ungreased). Bake at 350° for 10 mins. Cool thoroughly. Spread with thin layer of jelly (any kind).
Topping: Beat 2 eggs until thick. Add brown sugar. Mix thoroughly. Fold in remaining ingredients. Pour over base and bake at 325° for 15-20 mins. "Note" prepare topping after base has cooled. Eggs should only be beaten when ready to bake.

Cathy Huntingdon - Burlington

RICH OAT COOKIES

2 C. soft wheat flour
½ tsp. salt
½ C. butter or margarine
½ C. shortening
1¼ C. brown sugar
1 tsp. baking soda
2 tbsp. boiling water
½ tsp. vanilla
2 C. rolled oats

Blend flour and salt together. Cream together margarine and shortening. Gradually beat in brown sugar. Dissolve baking soda in boiling water & add to creamed mixture with vanilla. Mix well. Add dry ingredients and stir until blended. Add rolled oats and mix until blended.

(Cont'd).....

RICH OAT COOKIES (Cont'd)

Shape into balls and place on greased baking sheet. Flatten with form or bottom of glass. Bake at 350° 12-15 minutes or until done.

Diane Sheridan - Burlington

JAM COOKIES

½ C. Butter, softened
½ C. Sugar
1 tsp. vanilla
1 egg, separated
1 ¼ C. Sifted All Purpose Flour
2/3 C. Chopped Almonds
Raspberry Jam

Beat butter, sugar, vanilla and egg yolk in a medium size bowl until fluffy. Stir in flour. Gather dough into a ball and chill for several hours. Roll level teaspoonfuls of dough into balls. Dip into slightly beaten egg white and roll in almonds. Place on ungreased cookie sheet, 1 inch apart. Press an indentation with finger in each and fill with jam. Bake at 300° for 20 minutes or until golden. Makes 2 dozen

Anna Chalupka - Burlington

LEMON SQUARES

2 C. White Flour
½ C. Icing Sugar
1 C. Melted Butter or Margarine
4 eggs beaten
2 C. White Sugar
4 Tbsp. Flour
1 tsp. Baking Powder
6 Tbsp. Lemon Juice

Combine first 3 ingredients and press into a 9 x 13 pan.

(Cont'd) .....

LEMON SQUARES (Cont'd)

Bake at 350° for 18/20 minutes. Combine remaining ingredients, pour over base and continue to bake for another 20-25 minutes. Cut into squares and store in the refrigerator.

Barbara Haynes - Burlington

MAPLE PECAN SQUARES

1 C. Flour
¼ C. Brown Sugar
½ C. Butter

Topping:
2/3 C. Brown Sugar
1 C. Maple Sugar
2 Eggs beaten
¼ C. Softened Butter
¼ tsp. Salt
2/3 C. Chopped Pecans
½ tsp. vanilla
2 Tbsp. Flour

Rub flour, sugar and butter together. Press mixture firmly into 9 x 9 inch pan. Bake at 350° for 5 minutes. Combine sugar and maple syrup simmer 5 minutes and cool slightly. Pour over beaten eggs stirring well. Stir in remaining ingredients, spread over partially baked dough and bake at 450° for 10 minutes. Reduce heat to 350° and bake another 20 minutes.

Vicki Stubbs - Burlington

EASY PARTY COOKIE RECIPE

1 C. Shortening
1 C. Brown Sugar
½ C. Granulated Sugar
2 tsp. vanilla
2 eggs
2 ¼ C. Sifted All Purpose Flour
1 tsp. baking soda

(Cont'd)....

EASY PARTY COOKIE RECIPE (Cont'd)

1 tsp. Salt
4 ozs. Chocolate chips, raisins or walnuts (more or less to taste)

Blend shortening and sugar. Beat in vanilla and eggs. Sift remaining dry ingredients together. Add to the sugar and egg mixture. Mix well. Stir in half of the chocolate chips, raisins or walnuts, reserve remaining for decoration. Drop from teaspoon onto ungreased cookie sheet - decorate tops of cookies with remaining chocolate chips, raisins or walnuts as desired. Bake at 375° for 10-12 minutes until golden brown. Makes about 6 dozen, 2½" thick cookies.

Grace Martin

CHOCOLATE FUDGE SQUARES

½ C. Melted Margarine or Shortening
1 C. Brown Sugar
½ tsp. Baking Powder
3/4 C. Flour
1 egg
few grains salt
½ C. Chopped Nuts
3 Tbsp. Cocoa
1 tsp. Vanilla

Mix all ingredients well together and put into 8 x 8 inch pan. Bake 15 minutes at 350°. Remove while still bubbling and cover with chocolate icing. Chill.

Ron Pink - Burlington

BASILICA SQUARES

Crust:
1½ C. graham cracker crumbs
½ C. melted butter or margarine
1 tbsp. sugar

Topping:
1 tin Eagle Brand milk
8 ozs. dessicated (flaked) coconut
1 tsp. vanilla
pinch of salt

Icing:
2 tbsp. cocoa
2 tbsp. milk
¼ C. soft butter or margarine

Crust:
Mix together and press into a 9 x 9 inch cake pan.

Topping:
Mix and spread evenly over graham cracker crust. Bake for 25 minutes at 350°F or until golden brown. Do not overbake.

Icing:
Cream together and spread over pan of squares when cold. Cut in one inch squares. For showers, omit cocoa in icing and tint icing pale pink or green

Cheryl Willis - Oakville

PEANUT BUTTER SQUARES

1 6 oz. pkg. butterscotch chipits
½ C. peanut butter
3 C. rice krispies
4 sweetened chocolate squares

Melt chipits in pan. Put peanut butter in bowl add melted chipits and rice krispies. Mix & spread in an 8" sq. pan & pack down. Let cool. Melt chocolate squares. Add a touch of milk to make it spread evenly. Spread over squares.

Joyce Chadbolt - Oakville

BUTTER TART SQUARES

½ C. margarine or butter
1 C. all purpose flour
2 tbsp. white sugar.

Topping:

1½ C. brown sugar
1 C. nuts, raisins, or coconut
2 eggs well beaten
2 tbsp. flour
½ tsp. baking powder
1 tsp. vanilla

Mix together first 3 ingredients until crumbly. Press into 9" x 9" pan and bake at 350° for 15 minutes.

Topping:

Beat together brown sugar and eggs. Add rest of ingredients and pour over base. Bake at 350° for 20 - 25 minutes.

Marilyn Davidson - Oakville

DATE SQUARES

1½C. flour
2 C. oatmeal
2 tsp. baking powder
½ - 3/4 C. brown sugar
1 C. margarine

Cook dates with 1 tsp. of white sugar & a bit of water. Blend flour, oatmeal, baking powder, brown sugar and margarine. Put thick layer of mixture in bottom of pan . Then a layer of dates. Top with thin layer of mixture. Bake at 350° about 1 hour.

Donna Wittschet - Burlington

FROSTED SHORTBREAD SQUARES

Set out 15½" x 10½" x 1" pan.
Mix thoroughly: 2 C. sifted flour
½ C. firmly packed brown sugar

Cut in 3/4 cup butter until mixture resembles course cornmeal. Press firmly into ungreased pan. Bake at 325° for 25-28 mins. A few mins. before removing from oven, melt 1 pkg. (6 oz.) semi-sweet chocolate chips and spread quickly over hot baked cookie dough. Sprinkle 2/3 C. chopped nuts over top and gently press into chocolate. Cut into squares while still warm. These freeze well.

Lorene Hildrop - Hamilton

SKILLET BALLS

2 eggs beaten
2 C. brown sugar
1½ C. chopped dates
2/3 C. chopped nuts
1 3/4 C. fine coconut
1 tsp. vanilla
½ tsp. almond extract
2 tbsp. maraschino cherries (chopped)
¼ tsp. salt

Mix all ingredients in heavy frying pan. Cook slowly, stirring occasionally over low heat for about 25 mins. or until mixture is thick. Cool until it can be handled, then form into balls & roll in coconut or fine wafer crumbs. Store in closed container in cool place. Makes about 4-5 dozen balls.

Donna Bourassa - Oakville

FRUIT - OATMEAL COOKIES

1 C. soft shortening
1 C. brown sugar
2 eggs
2 C. flour
1 tsp. baking powder
½ tsp. salt
1 tsp. cinnamon
½ C. drained pineapple (crushed)
1 C. dates chopped
1 C. chopped walnuts
2 C. oatmeal

Grease cookie sheets. Beat shortening, sugar & eggs together until fluffy. Sift dry ingredients together. Mix into creamed mixture & blend well. Stir in pineapple, dates, nuts & rolled oats. Drop by heaping teaspoonfuls on prepared cookie sheets & flatten with a fork. Bake 12 to 15 mins. at 350° until brown & set. Makes 3 doz. large cookies.

Barbara Desjardins - Oakville

APPLE MUFFINS

1 3/4 C. all purpose flour
¼ C. sugar
2½ tsp. baking powder
3/4 tsp. salt
½ tsp. ground cinnamon
1 egg (well beaten)
3/4 C. milk
1/3 C. cooking oil
1 C. peeled & chopped apple
2 tbsp. sugar
½ tsp. ground cinnamon

Stir thoroughly first 5 ingredients; make well in centre. Blend egg, milk, oil & apple. Add all at once to dry mixture. Stir just till moistened. Fill greased muffin pans 2/3 full. Sprinkle with mixture of the 2 tbsps. sugar and ½ tsp. cinnamon. Bake at 400° for 20 mins. Makes 12 muffins.

Sheila Taylor - Burlington

OATMEAL MACAROONS

½ C. margarine
½ C. brown sugar
½ C. white sugar
1 egg
1 tsp. vanilla

1 C. flour all purpose
½ tsp. salt
½ tsp. baking soda
½ tsp. baking powder
½ C. coconut
1 C. oatmeal (rolled oats)

Cream together margarine, brown sugar & white sugar. Blend in egg & vanilla. Blend in flour, salt, baking soda & baking powder. Then add coconut & oatmeal. Mix the ingredients in order given. Bake at 350° for 8-10 mins. or until golden brown. Makes about 3 dozen.

Wanda Trimmer - Oakville

BANANA BRAN BREAD

½ C. regular margarine or butter
3/4 C. sugar
2 eggs
1½ C. mashed ripe bananas (4-5 medium)
1 tsp. vanilla
1 C. all bran cereal
1½ C. unsifted all purpose flour
2 tsp. baking powder
½ tsp. baking soda
½ tsp. salt

Cream margarine (butter) & sugar in a large bowl. Beat in eggs, banana & vanilla. Add all bran cereal & let stand for 5 mins. Mix flour,baking powder, baking soda & salt. Blend into banana-bran mixture. Spoon into a well greased & floured 9"x5"x3" loaf pan & bake at 350° for 1 hr. & 5 to 10 mins. until cake tester inserted in centre comes out clean. Cool for 10 mins. then remove from pan & cool on rack.

Eva Gowland - Burlington

SHORTBREAD BARS

3/4 C. butter or shortening
1 C. sugar
2 eggs, well beaten
2 tbsp. milk
1 tsp. vanilla
1 tsp. lemon rind
3 C. all purpose flour
¼ tsp. salt
3 tsp. baking powder
1-1½ C. jam

Cream butter & sugar until light & fluffy. Add eggs, milk & flavorings. Sift dry ingredients & add gradually to butter mixture. Divide the mixture in half. Pat half into a greased 9 x 13 bake pan. Form the other half into a ball & refrigerate until firm enough to roll. Spread the lower crust with softened jam, leaving a ¼ in. margin all round to allow for the jam to spread. Roll chilled dough into a rectangle & place over jam. Pat to seal edges. Bake at 350° for 30 mins. Cool slightly & sift icing sugar over. Cool completely before cutting.

Eva Gowland - Burlington

RAISIN CRISSCROSS COOKIES

¼ C. shortening
¼ C. margarine
3/4 C. sugar
1 egg
½ tsp. lemon juice
1 3/4 C. flour
3/4 tsp. cream of tartar
3/4 tsp. soda
¼ tsp. salt
1 C. raisins

Mix thoroughly sugar, shortening, egg & lemon juice. Measure flour, soda & salt. Stir into shortening mixture. Mix in raisins. Roll into one inch balls. Place about 3" apart. Flatten with fork to make crisscross look. Bake at 400° for 8-10 mins. Makes about 3½ dozen.

Audrey Kerr - Oakville

SPICY PUMPKIN LOAF

1½ C. of sifted flour *
1 tsp. baking powder *
1 tsp. baking soda *
½ tsp. salt *
1 tsp. cinnamon *
½ tsp. ground cloves *
3/4 tsp. ground ginger *
½ tsp. nutmeg *

2 eggs
3/4 C. sugar
¼ C. Beehive Syrup
½ C. corn oil
1 C. canned pumpkin (preferably home canned)
½ C. raisins (optional)
½ C. chopped walnuts

Oil & line the bottom of a 9" x 5" loaf pan with waxed paper. Sift together the first 8 ingredients*. Beat eggs until light. Add sugar, syrup, corn oil & pumpkin & beat until thoroughly combined. Make a well in the dry ingredients, add the liquid ingredients all at once & stir until well mixed. Add the chopped nuts & raisins & combine well. Pour batter into prepared loaf pan & bake at 325° for 1 hr. 20 mins. or until cake tester inserted in center comes out clean. Remove from pan after 10 mins. & cool completely on a cake rack. Wrap closely to freeze. Loaf will slice easier if stored at least 8 hours.

Gay Murphy - Burlington

CHEDDAR MUFFINS (DIET)

2 slices white bread made into crumbs
2 oz. grated cheddar cheese
2 med. eggs beaten
1 tbsp. + 1 tsp. melted margarine
2/3 C. non-fat dry milk

2 tsp. baking powder
1½ tsp. dehydrated onion flakes
1 tsp. artificial sweetener

Preheat oven to 375°. In a med. bowl combine all ingredients & beat until thoroughly blended. Divide mixture evenly into 4 muffin cups, sprayed with a non-stick cooking spray. Bake 15-20 mins. or until lightly browned & firm to touch.

Lynn Forth - Oakville

CHIPITS FUDGY MACAROONS

2/3 C. light cream or evaporated milk
3/4 C. sugar
1 tbsp. margarine
1 tsp. vanilla
1 C. (6 oz.) choc.chips
2 C. corn flakes
1¼ C. shredded coconut
½ C. chopped nuts

In heavy saucepan, combine cream, sugar & margarine. Cook and stir over med. heat until mixture boils & is bubbly all over top. Boil & stir 3 mins. more. Remove from heat. Add vanilla & chipits, stirring until smooth. Mix in corn flakes, coconut and nuts. Drop in small mounds from a tbsp. onto waxed paper. Chill until firm. Makes about 2½ dozen.

Marion Sault - Oakville

DANISH WAFER COOKIES

2 C. flour
½ C + 2 tbsp. margarine
½ C. cold water
½ tbsp. vinegar
sugar

*Always keep dough in fridge until ready to bake.

Filling:
soft margarine
icing sugar
1 tsp. almond extract

*Before serving put cookies together with filling.
Recipe makes 60 wafers (30 cookies)

Cut margarine into flour. Add vinegar to water then stir with fork into flour mixture. Knead dough together with hand till firm & staying together. Let dough sit covered in fridge for at least 2 hrs. Roll out dough until thin, cut dough into circles approx. ½" dia. Roll out circles in sugar one side until slightly oval shape & covered with sugar. Place on greased cookie sheet, sugar side up, prick cookies with fork. Bake at 400-425° approx. 10 mins. or until edges start to get brown.

Ann Foss-Pedersen - Burlington

PENUCHI CHEWS

2 C. all purpose flour
1 tsp. salt
½ tsp. baking soda
1½ C. brown sugar
3/4 C. butter
½ C. milk
1 C. sifted icing sugar
1 C. chopped walnuts
1 tsp. vanilla

Combine brown sugar, butter & milk in large saucepan. Bring to a boil over med. heat. Boil 1 min. remove from heat add icing sugar, walnuts, vanilla, plus sifted dry ingredients: flour, salt, soda. Bake on a large greased cookie sheet. Bake about 30 mins. at 350°. Do not overbake. Cut in squares when cool, then frost.

Penuchi Frosting:
Combine 2 cups brown sugar, ½ C. milk, ¼ tsp. salt. Cook over med. heat until thickened as in fudge. Remove from heat add ¼ cup butter, 1 tsp. vanilla. Beat until it would be easy to spread on Penuchi Chews. If too thick, thin with few drops of milk. Bake at 350°.

Sandra Gehl - Oakville

WILTSHIRE TEA BREAD

6 slices of lean bacon, chopped into small pieces
3 stalks of celery, finely chopped
1 small onion, finely chopped
3½ C. of self rising flour (Brodie flour)
¼-½ tsp. of fresh ground pepper
½ C. bacon drippings
1 Tbsp.of fresh parsley, finely chopped
3/4 C. of milk
2 eggs, beaten

Cook bacon slowly until fat runs, cook for 2 mins. Add celery & onion & cook for 5 mins., allow to cool. In a bowl, sift in flour & pepper. Rub in bacon drippings, add parsley & eggs. Knead gently on a floured surface. Shape into a rectangle & place in a small greased loaf pan. Bake at 375° for 1 hr. in moderately hot oven. Cool for 15 mins. & serve warm or cold, spread with butter.

Micki Walsh - Burlington

BANANA BREAD (CAKE)

¼ C. margarine
1 C. sugar
2 eggs
2 very ripe bananas
1 C. flour
4 tbsp. sour milk
1 tsp. baking soda
2 tsp. baking powder
1 tsp. vanilla
½ tsp. salt

Cream margarine, sugar & eggs. Then add vanilla & salt. Then sour milk & soda mixed together. Add flour & baking powder mixed together. Add mashed bananas. This recipe freezes very well.

Sour Milk - 1 tbsp. of vinegar to 1 C. milk & let stand for 15 mins.

Bake at 350° for 50 to 60 mins. or until toothpick inserted in middle comes out clean.

Kathy Wright - Oakville

PENNY'S 30 MINUTE POTATO BREAD

2 1/3 C. all purpose flour
1 tsp. salt
2 tbsp. baking powder
4 tbsp. sugar or (3 Tbsp. garlic powder to make garlic bread)
2 tbsp. shortening
3/4 C. mashed potatoes
1 C. cold water

A terrific bread for busy people because it takes only 30 mins. start to finish.
Mix together first 4 ingredients. Working with 2 knives cut in shortening until mixture resembles coarse meal. Stir in potatoes & cold water & mix with a fork. Knead gently 8-10 times on a lightly floured board, working in any extra flour that is needed to overcome the stickiness of the dough. Place on an ungreased cookie sheet & pat down to form an oval shape about 3/4"-1" thick. Bake at 450° for 17-20 mins. Cut vertically into 12-15 slices & serve. Delicious hot or cold.

Cathy McCallum - Burlington

NANAIMO BARS

½ C. butter
½ C. sugar
1 sq. semi-sweet chocolate
1 tsp. vanilla
2 eggs (beaten)
2 C. graham cracker crumbs.
1 C. fine grated coconut
½ C. chopped walnuts

Filling:
¼ to ½ C. butter
2 tbsp. vanilla pudding
2 C. icing sugar

Icing:
4 sq. semi-sweet chocolate
1 tsp. butter

Combine butter, sugar, chocolate, vanilla in top of double boiler. Cook over boiling water until they are well blended. Add eggs, cook 5 mins. longer, stirring constantly. Add other ingredients, cool 15 mins. Press into 9" square pan.

Filling:
Cream butter until fluffy. Add pudding that has been mixed with milk, beat well. Blend powdered sugar. Spread over chocolate mixture. Cool 15 mins.

Icing:
Melt chocolate with butter, spread over filling. Chill until firm. Note: May be frozen.

Etta Chalmers - Burlington

RASPBERRY CHEWS

3/4 C. butter or margarine
3/4 C. sugar
2 eggs, separated
1½ C. sifted regular flour
1 C. chopped walnuts
1 C. raspberry preserves
½ C. flaked coconut

(Cont'd)....

RASPBERRY CHEWS (Cont'd)

Cream butter or margarine with ¼ C. of the sugar until fluffy-light in a med. size bowl. Beat in egg yolks. Stir in flour until blended. Spread evenly in a 13"x9"x2" pan. Bake in mod. oven 350° 15 mins. or until golden. Remove from oven. While layer cools, beat egg whites until foamy & double in volume. In a small bowl, beat in remaining ½ C. sugar until meringue stands in firm peaks. Fold in walnuts. Spread raspberry preserves over layer in pan. Sprinkle with coconut. Spread meringue over coconut. Bake in moderate oven 350° for 25 mins. or until golden. Cool completely in pan or wire rack. Cut into 1 inch squares. Makes about 8 dozen, 1 inch squares.

Lynn Forth - Oakville

SOUR MILK BISCUITS

3 C. all purpose flour
3 tsp. baking powder
½ tsp. salt
½ tsp. soda
2 tbsp. butter or marg.
2 tbsp. lard (or use 4 tbsp. butter or marg. instead of lard)
1 C. sour milk (To sour plain milk add a tsp. or two of vinegar), or use buttermilk.

Sift together flour, baking powder, salt & soda. Add shortening (butter, marg. or lard). Cut into flour with knife or pastry blender. Add sour milk to make soft dough. Roll out on slightly floured board to ½" thickness. Cut out biscuits with floured cookie cutter or drinking glass. Yields about 9 to 12 biscuits. Grated cheddar cheese may be added, about 1 C. to make cheese biscuits. Bake in hot oven 450° for 12-15 mins.

Irene McGrath - Burlington

MAGIC LEMON SQUARES

1 C. quick oats, uncooked
1 C. flour
½ C. flaked coconut
½ C. coarsely chopped walnuts
½ C. firmly packed light brown sugar
1 tsp. baking powder
½ C. butter or margarine melted
1 can Eagle Brand Sweetened Condensed Milk
½ C. Realemon Brand lemon juice

Preheat oven to 350° (use 325° if using glass dish). In medium bowl, combine oats, flour, coconut, nuts, sugar, baking powder and butter. Stir to form a crumbly mixture. Set aside. In medium bowl, combine sweetened condensed milk and lemon juice. Pat half the crumb mixture evenly on bottom of 9" x 9" baking pan. Spread sweetened condensed milk mixture on top and sprinkle with remaining crumbs. Bake 25 to 30 mins. or until lightly browned. Cool thoroughly before cutting.

Sonya Palla - Burlington

CHERRY BALLS

½ C. butter
1½ C. icing sugar
Maraschino cherries in syrup
1½ C. fine coconut
½ tsp. almond extract
Graham wafer crumbs

Cream butter and sifted sugar together. Add all other ingredients except cherries and graham wafer crumbs. Put cherries on paper towels. Wrap mixture around cherries and roll in crumbs.

Marg King - Oakville

LEMON SQUARES

1 3/4 C. flour	)	
½ C. icing sugar	)	Mix and press into 9" x
1 C. melted butter	)	13" pan - Bake at 350°F
1 tsp. salt	)	for 20 mins.

BEAT: 4 eggs and THEN ADD:
2 C. sugar
4 tbsp. flour
4 tbsp. lemon juice and the rind of two lemons.
Mix and pour on base

Bake at 350°F for 25 - 30 mins.

Keith Marshall - Oakville

DREAM BARS

1 C. butter
½ C. brown sugar
2 C. flour

Mix above together until it forms a crumbly mixture, similar to pie crust. Pat into a buttered pan 9" x 9". Bake in moderate oven (375°) until lightly browned.

Topping:

1 C. brown sugar	½ tsp. baking powder
2 eggs well beaten	½ tsp. salt
1 tsp. vanilla	1½ C. coconut
2 tbsp. flour	½ C. chopped walnuts

Pour over baked mixture and bake again at 350° until brown - approx. 20 - 25 mins. When cool, cut into squares.

Myrtle Joy - Burlington

MUFFINS

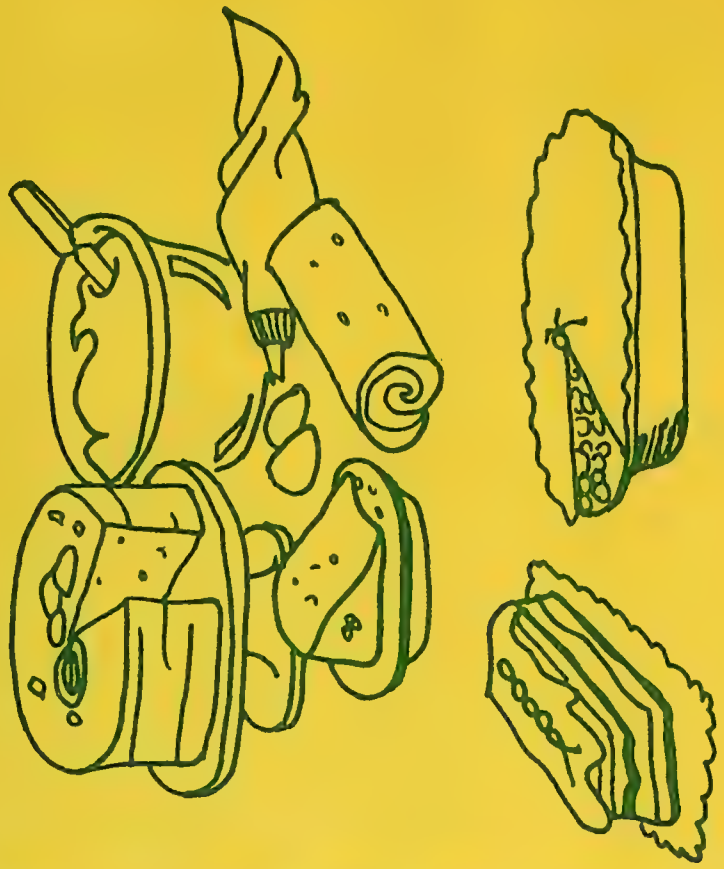
1 C. Oil	3 eggs
1 C. Brown Sugar	1 C. White Sugar
1 tsp. vanilla	3 tsp. Baking Soda
2 tsp. Salt	1 C. Raisins
3 C. Milk	3 C. Bran
3 C. Flour (Whole Wheat)	3 tsp. Baking Powder

Variations:	ADD	2 mashed bananas and 1 C. chopped walnuts
	OR	1 C. apple sauce and 1 C. chopped walnuts

Mix ingredients together and fill greased muffin pans about 2/3 full.
Bake at 350° for 25 mins. (makes approx. 2 doz.)

Lesley Turnell - Burlington

CAKE & PASTRY:



OVEN TEMPERATURE CHART

Slow	250 degrees - 325 degrees F.
Moderate	325 degrees - 375 degrees F.
Moderate Hot	375 degrees - 425 degrees F.
Hot	425 degrees - 450 degrees F.
Very Hot	450 degrees - 475 degrees F.

TEMPERATURES FOR BAKING FLOUR MIXTURES

FOOD	TEMPERATURE	TIME (Minutes)
Butter Cake, loaf	360 - 400 degrees	40 - 60
Butter Cake, layer	380 - 400 degrees	20 - 40
Cake, angel	300 - 360 degrees	50 - 60
Cake, sponge	300 - 350 degrees	40 - 60
Cake, fruit	275 - 325 degrees	3 - 4 hours
Cookies, thin	380 - 390 degrees	10 - 12
Cookies, molasses	350 - 375 degrees	18 - 20
Cream Puffs	300 - 350 degrees	45 - 60
Meringues	250 - 300 degrees	40 - 60
Pie Crust	400 - 500 degrees	20 - 40
CAKES		
Angel	325 degrees	60
Sponge	325 degrees	60
Cup	350 degrees	25
Layer	375 degrees	25 - 30
Loaf	350 degrees	45 - 60
Sheet	375 degrees	20 - 30
Pound	325 degrees	60 - 90
PIES		
Pumpkin	400 degrees	35 - 45
Two-crust	400 degrees	25 - 40
Shells	450 degrees	10 - 12
Meringue	300 degrees	10 - 15

RULES FOR USE OF LEAVENING AGENTS

1. To 1 tsp. soda use 2¼ tsp. cream of tartar, or 2 cups freshly soured milk, or 1 cup molasses.
2. In simple flour mixtures, use 2 tsp. baking powder to leaven 1 cup flour. Reduce this amount ½ tsp. for each egg used.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure of soda and add the acid according to rule 1 above.

SOUR CREAM COFFEE CAKE

1 C. sour cream
1 tsp. baking soda
1/2 C. soft butter
1 C. white sugar
2 eggs (well beaten)
1 tsp. vanilla
1-3/4 C. cake flour
2 tsp. baking powder

Topping
3/8 C. brown sugar
1-1/2 tsp. cinnamon
6 tbsp. finely chopped nuts

Combine sour cream and baking soda. Blend butter and sugar thoroughly. Add eggs and vanilla (beat well). Add sifted ingredients and sour cream. (Alternately) spread half of batter in pan. Sprinkle with half of topping. Add remaining batter and sprinkle with rest of topping. Bake 40-50 minutes at 350° F in a 9" x 12" pan.

Bernice Vallee - Burlington

APPLECAKE

4 C. sliced apples
3 tsp. cinnamon
2 C. sugar

3 C. flour
1 tbsp. baking powder
1/3 C. sugar
1 C. corn oil
1 tbsp. salt
4 eggs lightly beaten
1/4 C. orange juice
1 tbsp. vanilla

Combine apples, cinnamon and 2 C. sugar in bowl and set aside. Sift dry ingredients together in large mixing bowl. Make a well in center pour in oil, eggs, orange juice and vanilla. Mix well.
In a well greased angel food pan pour 1/3 batter mixture. Layer 1/2 apple mixture making sure apples do not touch the sides of the pan.

Cont'd....

APPLECAKE (Cont'd.)

Add 1/3 more batter and 1/2 apple mixture and cover with remaining batter. Bake at 375° F for 1 - 1-1/4 hours. When baked, let cool for 1/2 hour, remove from pan and sprinkle with icing sugar.

Eileen Paterson - Burlington

CHOCOLATE PUDDING CAKE

1 square baking chocolate (semi-sweet)
2 tbsp. butter
3/4 C. white sugar
1/2 C. milk
2 tsp. baking powder
1/2 tsp. vanilla
1/8 tsp. salt
1 C. flour

Topping
2 tbsp. cocoa
1 C. water
1/2 C. brown sugar
1/2 C. white sugar

Melt chocolate square and butter in saucepan. Pour into mixing bowl. Blend in milk, vanilla and sugar; then add in salt, baking powder and flour. Pour into an 8" x 8" x 2-1/2" pan (slightly larger pans are okay to use). Do not grease pan.

Topping: In a separate bowl, mix cocoa, brown sugar and white sugar together. Sprinkle over cake mixture in the pan. Add water. Bake at 350° F for 35 minutes.

Top of cake will be a bit hard like a crust with chocolate sauce underneath. If put in fridge for a few hours, sauce in the pan will thicken into a pudding.

Doreen Morgan - Burlington

ZUCCHINI COFFEE CAKE

3 eggs
1 C. oil
2 C. sugar
2 C. shredded, unpeeled zucc.
1 C. walnuts
2 C. flour
1 tsp. baking soda
1 tsp. salt
1 tbsp. cinnamon
1 tbsp. vanilla

Topping
1/2 C. brown sugar
1/2 C. chopped pecans
1/2 tsp. cinnamon

With electric mixer beat together eggs, oil and sugar for 4 minutes. Fold in zucchini and walnuts. Sift together flour, soda, salt and cinnamon and add to zucchini/egg mixture. Add vanilla. Turn into 9" tube pan (buttered). Mix together topping and sprinkle over top of cake. Bake at 350° for one hour or until tested done.

Suzanne Davidson - Hamilton

WHIPPED ANGEL FOOD PIE

1 3-oz. pkg. lemon jelly powder
1/2 C. sugar
2/3 C. hot water
1/3 C. hot lemon juice
1 tsp. grated lemon rind

1 cup undiluted Carnation Evap. Milk
2 tbsp. lemon juice
9" crumb crust*

* For (9" crumb crust), mix 1-1/2 C. graham wafer crumbs with 2 tbsp. sugar and 1/4 C. melted butter. Line sides and bottom of 9" pie plate. Bake in moderate oven (325° F.) 7-8 minutes.

Dissolve jelly powder and sugar in hot water and 1/3 C. hot lemon juice. Chill to consistency of unbeaten egg white. Add lemon rind. Chill Carnation milk in refrigerator tray until soft

Cont'd....

WHIPPED ANGEL FOOD PIE (Cont'd)

ice crystals form around edges of tray, (15-20 minutes). Whip until stiff (about 1 minute). Add 2 tbsp. lemon juice and whip very stiff (about 2 minutes longer). Fold whipped Carnation into jelly mixture. Spoon into cool pie shell. Chill until firm (1-2 hours).

Ruth-Anne Corbin - Burlington

CHERRY ALMOND BUNDT CAKE

2 C. halved red candied cherries
1/2 C. slivered almonds
1/2 C. All-Purpose flour
1 C. soft margarine
1 C. sugar
1 tsp. vanilla
1 tsp. almond extract
4 eggs
1-1/2 C. All-Purpose flour
2 tsp. baking powder
1/2 tsp. salt
1/3 C. milk

Combine: cherries, almonds and 1/2 C. flour in bowl. Mix until fruit is well coated. Set aside. Cream margarine, sugar and flavouring until light and fluffy. Add eggs one at a time; beating well after each addition. Combine flour, baking powder and salt, stir well to blend. Add flour mixture alternately with milk to creamed mixture. Stir in floured fruit and nuts. Turn into greased and floured 12 C. Bundt pan. Bake at 300° F for 1 hour. When done, cool in pan 10 minutes - turn out on wire rack to cool. Wrap cooled cake in foil and store in a cool place for several days to ripen.

Doris Vinall - Burlington

COCOA CAKE

2 C. flour	1 C. water
1 C. sugar	1 C. salad dressing (Miracle Whip)
4 Tbsp. cocoa	1 tsp. vanilla
2 tsp. soda	pinch of salt

Put all ingredients into a large bowl and mix all together until smooth. Bake in a greased 8x8 pan at 350 degrees Fahrenheit or until toothpick comes out clean.

Evelyn Graham - Burlington

REAL HOME MADE FUDGE CAKE

Sift together: 2 C. sifted flour
1 tsp. salt
½ tsp. baking powder
1¼ tsp. baking soda

Cream: ½ C. butter
Blend in: beating until light & fluffy 1 2/3 C. granulated white sugar
Beat in: 3 eggs
1 tsp. vanilla
Mix together: ½ C. cocoa
1 1/3 C. cold water

Stir dry ingredients into creamed mixture alternately with cocoa liquid. Make 3 dry and 2 liquid additions combining lightly after each. Turn into prepared, greased 9" round pans. Bake at 350 degrees for 30-35 minutes.

Lorna Harrington - Burlington

PIE PASTRY

1 lb. Schneiders lard	1 Tbsp. sugar
6 C. Monarch flour	1 tsp. salt
1 C. boiling water	1 tsp. baking powder

Cont'd....

PIE PASTRY (Cont'd)

Boil water in kettle. Pour boiling water over lard. Mix lard and water until the lard is smooth. Add sugar, salt and baking powder to lard and water. Mix. Stir. Add flour slowly. If pastry feels sticky, add sprinkles of flour until pastry doesn't stick to your hands. Place on waxed paper and wrap up. Keep refridgerated for a few hours before using.

Cheryl Willis - Oakville

BANANA CAKE

3 C. flour	1 3/4 C. sugar
1½ tsp. baking powder	1½ C. banana (mashed)
1½ tsp. baking soda	1 C. sour milk
¼ tsp. salt	2 tsp. vanilla
3/4 C butter	2 eggs

Cream butter and add sugar gradually. Add eggs, mashed bananas and vanilla. Mix well. Sift flour, baking powder, baking soda and salt together. Add to above alternately with the sour milk. Be sure to start and end with the dry ingredients. Pour into a 9x13" baking pan. Use any butter icing. Bake at 350 degrees preheated oven for 45-50 minutes.

Eva Gowland - Burlington

MYSTERY CAKE

1 C. oil	1½ C. sugar
3 egg yolks	3 beaten egg whites
1 C. raw grated carrots	1 C. raw grated beets
2 C. flour	1 tsp. vanilla
½ tsp. salt	2 tsp. baking powder
1 tsp. cinnamon	½ chopped walnuts

Mix dry ingredients with egg yolks and nuts. Fold in egg whites with beets and carrots.

 Cont'd....

MYSTERY CAKE (Cont'd.)

Fold into greased 9x14" pan. Can be topped after cooling with white butter icing. Bake at 350 degrees for 40-45 minutes.

Laurel Wilson - Burlington

SWEDISH APPLE CAKE

8 medium sized apples
½ C. fine dry bread crumbs
3/4 C lightly packed brown sugar
1½ tsp. cinnamon
1/3 to 1/2 C. melted butter
1/3 cup orange juice or(medium white wine) opt.

Peel, core and slice apples. Combine crumbs, sugar and cinnamon. In buttered 5-cup baking dish, spread a layer of apples, then one of crumbs mixture. Sprinkle with melted butter. Repeat layers ending with crumbs and butter. Pour on orange juice or wine. Bake at 400 degrees for 25 minutes, until apples are tender. Serve warm with vanilla flavored custard sauce. Makes 5 servings.

Viola Lundgren - Burlington

RHUBARB CAKE

1½ C. sugar
½ C. Crisco
1 egg
1 tsp. baking soda
2 C. flour
½ tsp. salt

Mix together with: 1 C. milk
1 tsp. vanilla
2½ C. chopped rhubarb

Topping: (add before baking)
1 tsp. cinnamon
¼ C. sugar

Bake at 350 degrees for one hour in 8x8 pan.

Debbie Hayward - Oakville

LUMBERJACK CAKE

1 C. peeled chopped apples
1 C. chopped dates
1 tsp. baking soda
1 C. boiling water
½ C. shortening
1 C. sugar
1 egg
1½ C. flour
½ tsp. salt
4 Tbsp. butter
½ C. brown sugar
4 Tbsp. milk
1 C. shredded coconut

Combine first four ingredients and let cool. Cream shortening and white sugar, add egg and vanilla. Mix flour and salt and add alternately to creamed shortening with fruit mixture. Pour into 8x8 pan and bake in 350 degrees oven for 50 minutes.

Topping: Cook remaining ingredients over low heat until butter and sugar are melted. Spread over cake and return to oven. Cook until topping is golden brown.

Jackie Croft - Burlington

BAVARIAN APPLE STRUDEL

1 1/3 C. flour
3 eggs
3 Tbsp. oil
1 tsp. vinegar
dash of salt

Filling: 8 medium sized apples
juice of ½ lemon
2 tsp. cinnamon
8 Tbsp. sugar
½ C. seedless raisins
½ C. pecan or walnuts

Topping: ½ C. milk
2 eggs
1 tsp. vanilla
2-3 Tbsp. sugar
(6 Tbsp. sour cream keep separate)

Mix ingredients together and knead until dough is smooth. Wrap in plastic wrap, let rest for 30 minutes. In the meantime, peel and slice apples. Pour lemon juice over apples. Mix remainder of filling together. Cut dough in half and roll both halves thin with rolling pin.

Cont'd....

BAVARIAN APPLE STRUDEL (Cont'd.)

Spread 3 Tbsp. sour cream on both sheets of dough, then add filling. Roll up each sheet and pinch in edges. Melt 4 Tbsp. butter in 12x9 pan. Place strudel in pan so that seams are facing down. Best when eaten warm. Makes two 12" strudels. Bake at 350 degrees until golden brown. Mix topping and pour over browned strudel. Bake for 5-10 minutes longer.

Lydia Muhlbauer - Burlington

GOLD MEDALLION CANADIAN WHISKEY CAKE

½ lb. candied cherries
1/3 cup golden seedless raisins
1 C. Gold Medallion Whisky
1 C. butter, softened
1 C. granulated sugar
½ C. firmly packed dark brown sugar
3 eggs, separated
2½ C. sifted all purpose flour
1 tsp. baking powder
1 tsp. ground nutmeg
¼ tsp. salt
½ lb. pecans
1 tsp. flour

In a medium sized bowl, soak cherries and raisins in the whisky overnight. Heat oven to 275 degrees. Grease and flour a 9" tube pan. In the large bowl of an electric mixer, beat butter until creamy. Gradually add sugars and beat until light and fluffy. Add egg yolks and beat well. Sift the 2½C. flour with baking powder nutmeg and salt. Drain fruit and add the liquid to the egg mixture gradually alternating with flour mixture. Stir in soaked fruit. Gently fold into batter. In a small bowl combine pecans and 1 tsp. flour and toss well; stir into batter. Pour into prepared tube pan and bake 1 3/4 hours or until a cake tester inserted in centre comes out clean. Cool thoroughly and remove from pan. Stuff centre hole of cake with a piece of cheesecloth soaked in whisky. Store in a tightly covered container. This cake does not need to ripen and will keep indefinitely if stored in a cool place. Makes one cake.

Claudette Robinson - Oakville

JELLO & ICE CREAM PIE

1 pkg. of graham wafer crumbs
1 large pkg. of jello powder (any flavor desired)
1 litre of vanilla ice cream

Bake wafer crumbs as directed on the package. Mix jello powder with the hot water to dissolve. (Do not add the cold water) Add the litre of vanilla ice cream, stir until melted, then pour into cooled pie shells. Let it set for 1-2 hours in the fridg. Makes 2 9" pies.

Debbie Dunkley - Oakville

POTICA CAKE

Main Batter:

3/4 C. butter	3 C. flour
1½ C. sugar	1½ tsp. baking powder
4 eggs	1½ tsp baking soda
1½ tsp. vanilla	1 pint sour cream

Swirl Nut Mixture:

1 C. ground nuts	2 Tbsp. flour
1½ C. dark brown sugar	1 tsp. cinnamon

Cream butter and sugar. Add eggs one at a time. Add vanilla. Sift dry ingredients together 3 times. Add slowly to creamed mixture alternate with sour cream. Mix together ingredients for swirl nut mixture. Pour batter into greased large angel food cake pan or a square pan - in thin layers alternating with the swirl nut mixture. Take knife and swirl batter- so the nut mixture is swirled in the batter. Do not frost. Bake at 350 degrees for 1 hour and 15 minutes.

Nancy de Lorenzi - Burlington

CARROT CAKE

2 C. flour	2 tsp. cinnamon
2 tsp. baking powder	1 C. oil
1 tsp. baking soda	2 C. sugar
1 tsp. salt	4 eggs

Cont'd....

CARROT CAKE (Cont'd.)

3 C. grated raw carrots
1 C. (each) nuts, raisins

Add sugar to oil; cream, add eggs and continue creaming. Gradually add dry ingredients mix well. Add grated carrots, nuts and raisins. Stir well. Bake at 325 degrees in a 13" oblong pan for 60-65 minutes. Cool and top with cream cheese icing.

Cream Cheese Icing:

1 8oz. pkg. cream cheese	2-3 C. icing sugar
2 Tbsp. corn oil	¼ tsp. salt

Beat all ingredients together until smooth and creamy. Cover carrot cake when cool.

Patti Phillips - Oakville

TUNNEL OF LOVE CAKE

Buy or bake one large angel food cake. Cut a 1" layer off the top then proceed. Leaving ½" around side and approximately 1" on bottom of the cake, cut out a tunnel around the cake.

Filling: Melt ½ pkg. marshmallows in double boiler. Add 1/8 to 1/4 C. cream and a small pkg. of chocolate chips. Cool slightly, then fold in ½ C. whipped cream. Add pieces of angel cake removed from tunnel. Put filling into tunnel. Return to cake pan if possible. Chill.

Icing: Ice with whipped cream. Whip until stiff. Fold in ¼ C. of Nestles Quick.

See directions on package of cake mix.

Robbie Robinson - Burlington

ENGLISH CHRISTMAS CAKE

8 ozs. non-salted butter
8 ozs. fruit sugar
½ tsp. gravy browning
8 ozs. all purpose flour
1/8 tsp. salt
1 level tsp. mixed spice
½ level tsp. baking powder
4-5 Tbsp. brandy (optional)
6 eggs (medium)
1 lb. currants
8 ozs. raisins
2 ozs. chopped peel
4 ozs. glace cherries
4 ozs. chopped, blanched almonds
milk if necessary

Note: 1 heaped Tbsp. = 1 oz.

Line an 8" cake tin with grease-proof paper. Cream fat and sugar until white, add gravy browning. Sift together flour salt, mixed spices and baking powder. Add egg and flour alternatively to the creamed fat, beating well between each addition. Stir in the prepared fruit, almonds and if necessary, add a little milk to make a heavy dropping consistency if required. Place the mixture in the cake tin and tie a piece of paper round the outside of the tin. Use a brown supermarket bag. Smooth the mixture, makine a depression in the centre.

Bake: Put a pan of water in bottom of oven to prevent mixture from drying. In a warm oven 335 degrees, gas 3 for ½ hour, then reduce heat to 290 degrees gas 1 for a further 3-3½ hours. Allow to firm before removing from the tin, and when cold remove paper. Prick bottom of cake well and sprinkle brandy over. Leave for a few days before icing.

Total Cooking Time: 4 hours

I usually soak the fruit and brandy overnight. Before placing in the pan, everyone gets a wish by stirring 3 times to the left.

Sheila Carroll - Burlington

PIE PASTRY

5 C. flour
1 tsp. salt
3 Tbsp. sugar
1 lb. Crisco
1 egg
2 Tbsp. vinegar
1 C. water

Cont'd....

PIE PASTRY (Cont'd.)

Mix dry ingredients in mixing bowl. Cut crisco in until it looks like coarse meal. Combine vinegar, egg and water. Mix in with flour, crisco, sugar and salt. Gather into a ball. If dough is sticky, wrap in wax paper and chill for 2-3 hours. Will make 6 pie shells. Can be stored 1-2 weeks in the fridge or 5 - 6 months in the freezer. Bake at 350 degrees.

Pat Livingstone - Oakville

CHERRY STREUSEL CAKE

200 gr. flour
100 gr. sugar
100 gr. unsalted butter
2 eggs
2 tsp. vanilla sugar
2 Tbsp. sour cream
¼ tsp. salt
2 tsp. baking powder
1 can red pitted cherries

Topping: 100 gr. flour
75 gr. sugar
100 gr. unsalted butter
2 tsp. vanilla sugar

Mix butter, eggs, sugar, vanilla sugar, sour cream well until creamy smooth. Add flour mixed with baking powder. Put in 26 cm. Springform pan. Spread evenly.

Topping: Put drained cherries on top of cake. Then mix all other topping ingredients with hands. Crumble over cherries on cake. Bake at 350 degrees until golden brown for 30-45 minutes.

Karen Rueffer - Burlington

DESSERTS

OVEN TEMPERATURE CHART (Miscellaneous)

	Minutes	Temperature
Custard Cup	20 - 30	300
Custard Casserole	45 - 60	300
Souffle	50 - 60	325
Timbales	35 - 45	300
Rice Pudding	50 - 60	325

TABLE FOR DRIED FRUITS

Fruit	Cooking Time	Amount of Sugar or Honey
Apricots	About 40 minutes	¼ c. for each c. fruit
Figs	About 30 minutes	1 Tbsp. for each c. fruit
Peaches	About 45 minutes	¼ c. for each c. fruit
Prunes	About 45 minutes	2 Tbsp. for each c. fruit

RULES FOR WHIPPING CREAM

Chill the cream, bowl and beater in a refrigerator for at least 2 hours. Beat until it is fairly stiff.

If cream is beaten until it is warmer than 45 degrees, it will turn to butter.

Should cream start to turn buttery, whip in 2 or 3 more tablespoonfuls of cold milk.

If you wish the cream to keep stiff for a day or two, add one teaspoon gelatine soaked in one tablespoon cold water. Dissolve the gelatine over hot water; allow to cool to the consistency of egg white before adding to the cream and whipping.

Use medium speed when whipping cream with an electric beater.

Cream, when whipped, almost doubles in bulk.

SUBSTITUTES FOR WHIPPING CREAM

1. Use light cream or cereal cream after allowing it to stand undisturbed for 48 hours in the refrigerator. Whip as you would whipping cream.
2. Prepare cream as given above. Soak 1 teaspoon gelatine in 2 tablespoons cold water and dissolve over hot water. Allow to cool; then add to the cream and whip.
3. Use evaporated milk. Milk prepared with gelatine holds up better and longer, but it may be more convenient to chill it on occasion. Chill 12 hours. Use medium speed on the electric beater when whipping.
4. Combine equal parts of dry milk powder with water. Beat with beater at medium speed. Add 1½ teaspoons lemon juice to each cupful of this mixture, if a more stable foam is desired.

STRAWBERRY ANGEL DESSERT

1 - 3 oz. pkg. strawberry jello
1 - 10 oz. pkg. frozen strawberries (thawed)
1 tbsp. sugar
pinch of salt
½ of a 10" angel cake
½ pint whipping cream (whipped)

Dissolve jello in 1-¼ cups boiling water. Stir into jello the thawed strawberries, sugar and salt. Refrigerate until slightly lumpy. Whip cream. Fold jello strawberry mixture and whipped cream together. Tear the angel cake into 1 to 1½" pieces. Place half of the cake into a 9" square pan. Cover with half of the strawberry cream mixture. Repeat with remaining cake and strawberry cream mixture. Refrigerate until completely set.

Carol Piano - Burlington

ENGLISH TRIFLE

1 small pkg. jello (flavour to suit fruit used)
1 (14 oz.) can mixed fruit (substitute small can mandarin oranges if preferred)
2 small (ready made) jelly rolls - cut into 1" slices
Custard
1 pkg. dream whip
2 tbsp. sweet sherry (optional)

Place jelly roll slices in a glass dish & pour sherry over these if desired. Strain juice from tinned fruit. Place fruit over jelly roll slices. Prepare jello as directed on package. Pour over fruit & jelly roll slices. Leave to set. Prepare custard as per directions on the tin using 2½ cups milk. Consistency of the custard should be fairly thick. Leave to set. Prepare dream whip per directions on the package. Decorate if preferred.

Susan Kidd - Burlington

APPLE OR RHUBARB BROWN BETTY

3/4 C. brown sugar
1/4 tsp. cinnamon
1/4 tsp. nutmeg
1/4 tsp. salt
3 C. chopped apple or rhubarb
2 C. fresh bread crumbs
1/4 C. water (omit when using rhubarb)
Juice and rind of 1 lemon
2 tbsp. butter

Mix together sugar, spices and salt. In a greased baking dish, place in rotation layers of fruit, bread crumbs and sugar mixture. Mix water, lemon juice and grated rind together and pour over fruit layers. Dot with butter and bake in a covered dish in a moderate oven (350°F) for 40-45 minutes. Serve hot with or without cream.

Pat Robertson - Burlington

BANANA SPLIT CAKE

1st Layer: 2 C. crushed graham wafers
2/3 C. melted butter

Mix and press lightly in bottom of pan.

2nd Layer: 1/2 lb. softened butter
2 eggs
2 C. icing sugar
1 tsp. vanilla

Beat until firm. Spread over graham crackers.

3rd Layer: 3 large bananas, sliced, which have been dipped in pineapple juice.

4th Layer: 2 cans (16 oz.) crushed pineapple, well drained.

5th Layer: 1 large container whipping cream or 2 envelopes Dream Whip (whipped)

6th Layer: Sprinkle with chopped nuts of choice.

Viola Lundgren - Burlington

GRANDMA BROWN'S - CHOCO - DATE DESSERT

½ pound of dates (cut up)
3/4 C water
¼ tsp. salt
2 C miniature marshmallows
½ C chopped nuts
1 C whipping cream
½ tsp. vanilla
1 pkg. oreo cookies (small roll)

Crush cookies coarsely. Reserve ½ C for topping. Spread remainder in 8" x 8" pan. In saucepan combine dates, water and salt and bring to a boil. Reduce heat, simmer 3 minutes; remove from heat and add marshmallows. Stir until marshmallows are melted. Cool to room temperature. Stir in nuts. Spread over crumbs in pan. Combine whipping cream and vanilla and whip. Spread over date mixture. Sprinkle with reserved crumbs. Chill overnight. Top with cherries or nuts. Cut in large squares and serve.

Linda Schien - Oakville

LIME DESSERT

1 can (large) carnation evaporated milk well chilled
1 large pkg lime jello - may use other flavours if desired
Graham cracker crust

Crust: 1 1/3 C Graham cracker crumbs
1/3 C Brown sugar
1/3 C Margarine (melted)

NOTE: The filling makes a large amount, therefore make 2 8x8 crusts or 1 9x13

Crust: Mix ingredients well and press into pan chill well.

Cont'd.....

LIME DESSERT (Cont'd.)

Filling: Add 1 c boiling water to jello. Mix well. Let cool in refrigerator; until thickened slightly. While the jello is chilling, beat evaporated milk until TRIPLE in bulk and it peeks. Fold thickened jello into milk. Do not beat. Pour onto cooled crust. Sprinkle crumbs on top. Chill 1 hour before serving.

Rona Bruce - Oakville

SEX IN A PAN

Crust: 1 C crushed pecans
1 C flour
½ C butter
Mix together and press into 28 x 18 cm glass pan
Bake at 350° for 15 min.

2 layer: 8 oz. cream cheese
1 C icing sugar
cream together

3 layer: ½ large cool whip
sprinkle of instant coffee

4 layer: 1 large instant pudding - chocolate
1 large instant pudding - vanilla
mix together with 3 C milk

5 layer: Remainder of cool whip
sprinkle with instant coffee

Put chocolate bar shaving on top
Refrigerate for several hours

Margaret Czukar - Burlington

PAVLOVA - Favourite sweet of the famous ballet dancer

4 egg whites
8 oz.castor or fruit sugar
1 tsp. vanilla essence
1 tsp. corn starch
1 carton of whipping cream
large tin of crushed pineapple

Whip egg whites until stiff. Add sugar gradually. Whip until it stands in peaks. Add vanilla and corn starch. Whip until stiff. Grease 12" pizza pan and line with greased paper. Put mixture onto greased paper in pan spread over making a raised edge. Bake for about 1 hour until lightly brown. When cool slip off greased paper. Fill with whipped cream. Drain juice of pineapple decorate with crushed pineapple.

Bake at 300°.

Sylvia Forrester - Burlington

PINEAPPLE DREAM DESSERT

½ C Butter
2 eggs unbeaten
1½ C icing sugar
½ pt. whipping cream
1 20 oz can crushed pineapple

Graham wafer crumb base - save ¼ C of crumbs for garnish

Prepare graham wafer crumb base in 9 x 9 pan. Let Cool. Cream butter, gradually add icing sugar and beat to blend. Add unbeaten eggs. Beat until light. Pour over cooled crumb base. Drain juice from pineapple. Beat whipping cream until stiff. Fold pineapple into whipping cream. Spread over 2nd layer. Garnish with graham cracker crumbs. Chill before serving.

Beth Neilson - Burlington

PINEAPPLE DELIGHT

¼ C margarine
1 tbsp. brown sugar
2 C graham crumbs
½ lb. butter
1 large cool whip
1 egg
1 C icing sugar
4-6 bananas
1 19 oz and 1 14 oz. can crushed pineapple

Melt margarine add brown sugar and graham crumbs. Press into a 9 x 13 ungreased pan. Beat butter, egg and icing sugar and spread over crumbs. Slice bananas over top in layers and add drained pineapple. Top with cool whip. Sprinkle walnuts and cherries on top.

Mary Ann Donald - Burlington

PISTACHIO DREAM

Small pistachio pudding
Medium crushed pineapple with juice
Small dream whip

Mix all together and let set.

Donna Sinclair - Burlington

CHEESE CAKE

1 lb cream cheese soft
1 C white sugar
5 eggs separated
1 pt sour cream
1 tsp vanilla
1 tsp lemon juice
1 double recipe graham cracker crust

Beat egg whites stiff - cream cheese and sugar, beat in egg yolk one at a time beating one minute between each. Add sour cream. Beat. Fold in flavouring and egg whites.

Cont'd....

CHEESE CAKE (Cont'd.)

Line a 9 x 13 cake pan or a large spring form pan with the graham cracker mixture. Pour cheese mixture in. Bake one hour at 350 - 50 minutes for flatter pan turn the oven off and leave cake in for one hour more. (do not peek before). Cover with a fruit pie filling or glazed fresh fruit. Chill. Freezes well.

Bake at 350°.

Pat Chagnon - Burlington

CHOCOLATE TOPPED CHEESECAKE
From the Secret Harbour Restaurant, Los Angeles

1¼ C Fine graham cracker crumbs
1/3 C firmly packed brown sugar
¼ C butter
1 lb cream cheese
1¼ C. white sugar
5 eggs
2 tsp. vanilla
1 tsp. almond
1½ C sour cream
shaved sweet or semi-sweet chocolate

Have butter, cream cheese and eggs at room temperature. Mix crumbs, brown sugar & butter with hands. Blend well. Press on the bottom of a 9" springform pan. Bake at 350° for 10 minutes. Cream the cream cheese well. Gradually beat in 3/4 cup white sugar. Add eggs one at a time, beating well after each addition. Add 1 tsp. vanilla and ½ tsp. almond. Pour into prepared pan over crumbs. Bake at 350 for 35 minutes or until set. Remove from oven and increase heat to 500. Mix sour cream, ½ cup white sugar, 1 tsp. vanilla and ½ tsp. almond. Spread on cake. Bake at 500 for 5 minutes. Cool first, then chill in fridge. Remove rim of pan and sprinkle the shaved chocolate on top of cake.

Sybil Helppi - Hamilton

BLUEBERRY CHEESE CAKE

1 1/4 C. graham wafer crumbs
1/3 C. butter
1/4 C. sugar
2 - 8 oz. pkg. Philadelphia cream cheese
1 C. sugar
1/4 tsp. lemon juice
2 tsp. vanilla
1 large or 2 small Cool Whip
3 C. blueberries

Make crust by combining graham wafer crumbs, butter and sugar. Place into large rectangular cake pan (9" x 13"). Bake in 375° oven for 10 minutes. Cool. Make filling by combining the 2 pkg. cream cheese with sugar and salt. Beat. Add 1 tsp. lemon juice and 1 tsp. vanilla. Fold in Cool Whip and blueberries. Pour over crust and chill.

L. Gouveia - Oakville

CHERRY CHEESE CAKE (No Bake Crust)

12 digestive biscuits
3 tbsp. melted butter
1 pkg. (225 gram) cream cheese
1/2 C. sugar
1 pkg. topping mix (56 grams)
1 C. cherry pie filling
1/4 tsp. almond extract

Combine crushed cookie crumbs with melted butter. Spread and pat against the pie plate and chill. Whip cheese with sugar until light. Prepare topping mix as directed on box and fold into cheese mixture. Spread over crust. Stir almond extract into cherry pie filling and spoon on top of pie. Chill for 2 hours.

Kathy Wright - Oakville

UNBAKED CHEESE CAKE

16 oz. sandwich spread cream cheese
32 graham wafers
1/2 C. melted butter
1 C. sugar
1/2 tsp. vanilla
1 10 oz. tin evap. milk
2 3 oz. boxes pineapple jello
1 C. boiling water

Cont'd....

UNBAKED CHEESE CAKE (Cont'd.)

Mix jello with boiling water and set aside to cool. Prepare graham wafers with melted butter. Cream cream cheese and sugar until sugar has dissolved. Beat the milk until thick (cold milk to whip). Pan should be about 13½" x 9". Put half of the wafers on the bottom. Mix jello, cream cheese and vanilla to the beaten milk and mix well. Put into the pan and cover with the other half of the wafers and put it into the refrigerator for about 4 hours or leave overnight.

Eva Luksic - Oakville

VANILLA SLICES

8 oz. self raising flour (Brodie)
1/2 tsp. salt
5 oz. lard
1/4 pint cold water (English measure 20 oz.= 1 pint)
Vanilla custard (small box)
Icing sugar and water (glaze icing)
Jam

Mix flour and salt in a bowl. Cut lard lightly into small pieces and mix with flour using a knife. Add cold water and stir into a stiff paste. Turn onto a floured board and roll out into a narrow strip. Fold one side into middle, fold opposite side completely over to other side, forming three layers. Roll dough out flat again and fold over again. Do this 3 times. Always roll away from yourself and do not break the little air bubbles that will rise. Cut into pieces 2" x 3-1/2" and bake on greased baking sheet for 15 mins. at 450° F. When cool sandwich together with jam and vanilla custard. Top with glaze icing.

George Willan - Oakville

STRAWBERRY GLAZED CHEESE CAKE

Crust: 3/4 C. coarsely ground walnuts or almonds
3/4 C. finely crushed graham crackers
3 Tbsp. melted butter

Filling: 2 lbs. cream cheese, room temperature
4 eggs
1½ C. sugar
1 Tbsp. lemon juice
2 tsp. vanilla

Topping: 2 C. sour cream
½ C. sugar
1 tsp. vanilla

Strawberry Glaze: 1 quart strawberries
1 12oz. jar red raspberry jelly
1 Tbsp. cornstarch
½ C. Cointreau
½ C. water

Crust - Combine walnuts, graham cracker crumbs & butter. Press into bottom of 9" or 10" spring-form pan.

Filling - Beat cream cheese with electric mixer or in processor until smooth. Add eggs, sugar, lemon juice & vanilla and beat thoroughly. Spoon over crust. Bake at 350°F 40-45 minutes for 10" cake or 50-55 minutes for 9" cake. Remove from oven and let stand 15 minutes. Retain oven temperature at 350°.

Topping - Combine sour cream, sugar & vanilla. Spoon over cake, starting at centre & extending to within ½" of edge. Return to oven and bake 5 minutes longer. Let cool, then refrigerate at least 24 hours, or preferably 2-3 days.

Glaze - Combine a little jelly with cornstarch in saucepan & mix well. Add remaining jelly, Cointreau and water and cook over medium heat, stirring frequently, until thickened and clear (about 5 minutes). Cool to lukewarm. Arrange whole berries over cake and spoon glaze over.

Cont'd....

STRAWBERRY GLAZED CHEESE CAKE (Cont'd)

Refrigerate until glaze set.

Suzanne Davidson - Hamilton

GRAND MARNIER SOUFFLE (Cold)

4 egg whites	* 1¼ oz. Grand Marnier
1 C. white sugar	Grating of 2 oranges
1 C. whipping cream	2 oz. semi-sweet chocolate, shaved

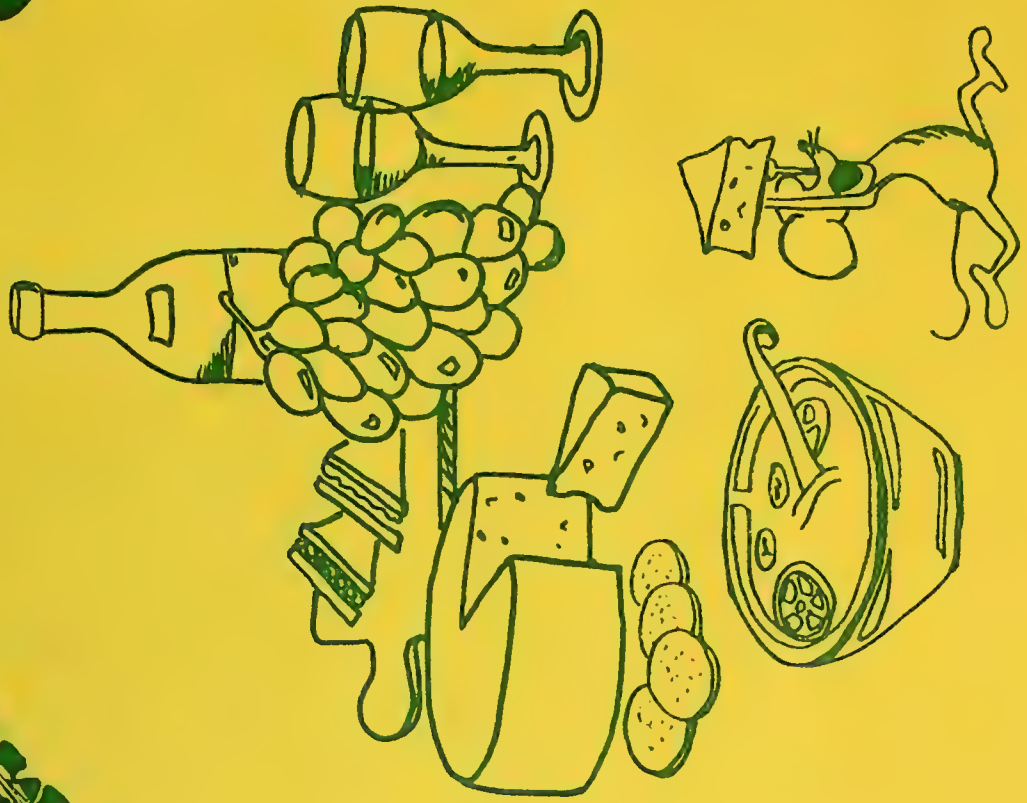
Beat egg whites and sugar until stiff. Beat whipping cream, fold egg white mixture in gently, add orange gratings and Grand Marnier. Place in a dish that is freezer proof. Sprinkle shaved chocolate on top and put in freezer. Keep frozen and serve directly from freezer. Store left-overs if any in freezer. Best made the day before.

*May substitute any orange flavored liqueur for the Grand Marnier.

Excellent after a heavy meal.

Barbara Haynes - Burlington

MISCELLANEOUS



TIME TABLE FOR COOKING CEREALS

CEREAL	QUANTITY	SALT	WATER	TIME	AMOUNT WHEN COOKED
Cracked Wheat	1 cup	1 tsp.	3 c.	2 hrs.	3 cups
Farina	1 cup	1 tsp.	4 c.	30 mins.	3¾ cups
Macaroni	1 cup	1 tsp.	4 c.	25 mins.	2¼ cups
Oatmeal	1 cup	1 tsp.	4 c.	30 mins.	3 cups
Rice	1 cup	1 tsp.	8 c.	40 mins.	4 cups
Rolled Oats	1 cup	1 tsp.	2¼ c.	30 mins.	2 2/3 cups
Buckwheat	1 cup	1 tsp.	4 - 6 cups	40 mins.	3 cups
Cornmeal	1 cup	1 tsp.	4 c.	30 mins.	3 cups

FRIED FOOD TIME TABLE

	TEMP. of FAT	TIME in MINUTES
Croquettes of cooked food	375 - 385	2 to 4
uncooked food	370	5 to 6
Doughnuts	375	2 to 3
Fritters	365 - 375	2 to 5
French Fried Potatoes	370	5 to 7
thin	390	1 to 1½
Vegetable rings	375 - 380	2 to 3
Oysters	375	1 to 2
Small Fish	375 - 385	2 to 5

APPROXIMATE EQUIVALENTS OR SUBSTITUTIONS IN BAKING AND COOKING

1 tsp. baking powder	=	¼ tsp. soda and ½ tsp. cream of tartar
1 cup cake flour	=	7/8 cup or 1 cup less 2 Tbsp. all purpose flour
1 square chocolate	=	3 Tbsp. cocoa plus 1½ tsp. fat
1 cup thin cream (18 - 20%)	=	7/8 cup milk plus 3 Tbsp. fat
1 cup heavy cream (36 - 40% fat)	=	¾ cup milk plus 1/3 cup fat
1 cup sour or butter milk	=	1 cup sweet milk + 1 tbsp. lemon juice or vinegar
1 1/3 cups firmly packed brown sugar	=	1 cup granulated sugar
1 lemon	=	3 to 4 Tbsp. juice
Grated rind of 1 lemon	=	1½ tsp. juice
1 orange	=	6 to 8 Tbsp. juice
12 to 14 egg yolks	=	1 cup
8 to 10 egg whites	=	1 cup
1 Tbsp. cornstarch	=	2 Tbsp. flour (when thickening)
9 coarsely crumbled graham wafers	=	1 cup
11 finely crumbled graham wafers	=	1 cup
7 coarsely crumbled salt crackers	=	1 cup
9 finely crushed salt crackers	=	1 cup
1 cup evaporated milk + ½ cup water	=	1 cup milk

CONTENTS OF STANDARD CANS

Picnic	1¼ cups	No. 2½	3½ cups
No. 300	1¾ cups	No. 3	4 cups
No. 1 Tall	2 cups	No. 5	7 1/3 cups
No. 303	2 cups	No. 10	13 cups
No. 2	2½ cups		

BAILEYS IRISH CREAM

3 eggs
1 tin Eagle Brand milk
1 C. Vodka or Alcool
5 oz. whipping cream
1 Tbsp.instant coffee

Grind the coffee extra fine. Blend all ingredients in blender. Blend slowly (do not whip). Pour into a 26 oz bottle. Store in refrigerator.

Cindy Underhill - Burlington

SANGRIA

1 bottle Red Spanish wine
2 Tbsp. sugar
1 lemon, sliced
½ orange, sliced
2 oz.Cointreau
2 oz.Spanish Brandy
12 oz.Club Soda
2 doz. ice cubes

In large pitcher, combine wine, sugar, lemon and orange slices. Stir until sugar is dissolved. Stir in remaining ingredients. Let stand 15 to 20 minutes. Serve. Makes 4 tall glasses.

Jean Brown - Burlington

STRAWBERRY - LEMONADE PUNCH - NON ALCOHOLIC

2 cans (6 oz) frozen pink lemonade concentrate, undiluted
1 can (6oz) frozen orange juice concentrate, undiluted
1 pkg. (10 oz) frozen sliced strawberries
1 bottle ginger ale, chilled - (12 oz)

In punch bowl, combine pink lemonade, orange juice, strawberries and 3 C. water. Refrigerate.
To serve - pour ginger ale into juice mixture in bowl. Stir well. Makes 2½ quarts.

Jean Brown - Burlington

YORKSHIRE PUDDING

1 C. milk
2 eggs
dash of salt
1 C. flour

In a bowl mix all ingredients well. Leave to stand on counter for 1 hr. to 2 hrs. Stir again to make sure there are no lumps (smooth). In pre heated muffin tin pour 1 tsp. of the fat from the roast or oil. Pour pudding mixture into muffin tin until ½ full. Bake at 400° F for 20 minutes or until tops are golden brown.

Pat Livingstone - Oakville

PEROGY

Dough (makes 5 doz.)
3½ C. flour
1 C. warm water
1 egg
2 Tbsp. vegetable oil
1 tsp. salt

Filling
About 12 med.potatoes
½-1 lb grated cheddar cheese depending on desired flavour

Mix flour, egg, oil and salt together. Add water a little at a time until well mixed. Roll dough quite thin and cut circles 2-3 inches in diameter. *Note: double the dough recipe for larger quantity. Cook and mash potatoes and add cheese. Let cool a little. Fill each circle with cheese and potato mixture and flute edges. Drop perogies into boiling water. When they raise to the top of the water they are done. Remove and place in a bowl with melted butter. Coat each perogy with melted butter to prevent sticking. Serve warm. They may be re-heated by frying in butter.

Willie Brown - Burlington

EASY EGGS BENEDICT

10 oz can Cream of Mushroom soup, undiluted
1/3 C. Mayonnaise or Miracle Whip
1 Tbsp. lemon juice
8 eggs
4 slices ham cut diagonally
4 toasted English muffins (split)

Combine soup,mayonnaise and lemon juice in a small saucepan. Cook over low heat, stirring occasionally until bubbly. Poach eggs. Fry ham slices lightly. To serve place ½ slice ham on each muffin half. Top with poached egg, then sauce. Serve at once. Serves 4-8.

Brian Smith - Burlington

POTATO PANCAKES WITH SOUR CREAM

6 medium potatoes (raw) cut into quarters
2½ Tbsp. flour
1 tsp. salt
dash pepper
½ tsp. baking powder
2 eggs
¼ C. milk

In blender chop potatoes a few at a time, until they are a pulp. Add the next 6 ingredients and blend on'high' for about 30 seconds, in order to mix everything well. Fry in Crisco shortening like regular pancakes (until golden brown and crispy). Remove, serve with sour cream on top of pancakes and a side salad. Serves 4.

Julie Zagrajski - Burlington

BAILEY'S IRISH CREAM

10 ozs. Rye
1 can Eagle Brand Milk
3 eggs
1/3 tsp. almond or coconut extract
2½ Tbsp. Liquid chocolate syrup

Mix ingredients together and whip for two minutes in a blender, less in a food processor. Refrigerate. Serve diluted to taste with milk.
Note: Scotch or brandy can be substituted for an even more enjoyable drink.
After draining a pitcher of this grog, do you have anything to say for yourself? "Cheers"

Sonya Palla - Burlington

SNOWBALL DRINK

Keep the ingredients for this on hand for people who are not great liquor drinkers but don't want to be party poopers. The Advocaat may be purchased ready made at the LCBO or you can make your own. Homemade is less expensive and better.

2 oz. Advocaat (1 oz is good too...drink is not so eggy)
½ oz lime cordial
3 oz Lime Rickey or Wink
Crushed ice

Whirl all ingredients in blender until frothy. Serve in large stemmed glasses. If you really want to be decadent, add a scoop of vanilla ice cream before blending.

Advocaat

10 eggs (beaten)
1½ C. white sugar
1 package vanilla sugar (available in most supermarkets or at Denningers)
1 26 oz bottle LCBO alcohol

Cont'd....

Advocaat (Cont'd.)

Beat eggs, add sugars and stir in alcohol.
Bottle and store in fridge. Keeps indefinitely.

Lorene Hildrop - Hamilton

SUBSTITUTE FOR EAGLE BRAND MILK

1 C. powdered milk
2/3 C. white sugar
1/3 C. boiling water
3 Tbsp. butter

Mix ingredients in blender until mixture is thick.
Use full amount instead of 1 can of Eagle Brand milk.

Sharon Prouse - Burlington

CHOCOLATE RUM CHERRIES

3/4 C. candied cherries
½ C. rum
1.1/3 C. semi-sweet chocolate pieces

Place cherries in rum and let soak for 24 hours.
Drain the cherries and dry with paper towel.
Melt chocolate in a double boiler. Dip cherries in chocolate and place on a piece of wax paper until set.

Ruthy Taylor - Burlington

MAGIC FRENCH FUDGE (Makes about 1.3/4 pounds)

3 C. (1 500g package) semi sweet chocolate chips
1 can Eagle Brand Sweetened Condensed Milk
Dash salt
1½ tsp. vanilla extract
½ C. chopped nuts (optional)

cont'd....

MAGIC FRENCH FUDGE (cont'd)

In top of double boiler, melt chocolate over boiling water, stirring occasionally. Remove from heat; stir in sweetened condensed milk, salt, vanilla and nuts. Spread mixture evenly into waxed, paper-lined 8x8 inch baking pan. Chill 2 hours or until firm. Turn fudge onto cutting board, peel off paper and cut into squares. Tightly cover any leftovers.

Sonya Palla - Burlington

MAPLE CREAM

2 C. brown sugar
½ C. milk
2 Tbsp. butter
1 Tbsp. flour
1 tsp. baking powder
pinch of salt
2 tsp. vanilla
1 C. nuts (if desired)

Mix dry ingredients, then add milk and butter. Cook until it forms a very soft ball when a sample is dropped in cold water. Add vanilla and nuts. Beat with spoon until it is the thickness of cream, then pour on buttered plate. Put in a cool place for at least ½ hour.

Joyce Lamb - Burlington

SEA FOAM

1 egg white
2½ C. brown sugar
½ C. water
1 C. chopped nuts
1 tsp. vanilla

Beat egg white until stiff. Boil sugar and water together to soft ball stage, add vanilla. Pour slowly into egg white, beating constantly until all the syrup is added. Add nuts. Beat with a spoon until soft. Drop in little spoonfuls on buttered brown paper(wax paper will do). Let cool at least ½ hour.

Joyce Lamb - Burlington

NUTS AND BOLTS

6 oz package pretzels
16 oz salted peanuts
1 small pkg. Shreddies
1 small pkg. Cheerios

1½ C. margarine
¼ C. Worcestershire sauce
1 Tbsp.onion salt
1 Tbsp. garlic salt
1 Tbsp. celery salt

Heat margarine until melted. Stir in Worcestershire sauce, onion salt, garlic salt, celery salt
Pour over mixture of pretzels, peanuts, Shreddies and Cheerios. Mix thoroughly. Bake at 225°C covered for 1 hour. Remove cover and bake 1 hour. Stir occasionally.

Beth Neilson - Burlington

1 - 2 - 3

1 pound sausage meat
2 C. grated medium cheddar cheese
3 C. Bisquick

Mix all ingredients together (by hand) until well mixed. Roll into balls and bake on cookie sheet. These expand, so make balls on the smaller side. They may be made ahead of time and then refrigerated. (Great snack)
Bake at 350°

Lynn Aitken - Oakville

STIR AND ROLL PIZZA

2 C. all-purpose flour
2 tsp. baking powder
1 tsp. salt

2/3 C. milk
¼ C. salad oil

Topping:

½ C. grated Parmesan cheese
1 can(8oz) tomato sauce
1 Tbsp. chopped onion
½ pound shredded Mozzarella cheese

½ tsp. salt
½ tsp. oregano
¼ tsp. pepper

Cont'd....

STIR AND ROLL PIZZA (Cont'd)

Heat oven to 425°. Measure flour, baking powder, salt, milk, and ¼ C. salad oil in bowl. Stir vigorously until mixture leaves side of bowl. Gather dough together and press into a ball. Knead dough in bowl 10 times to make smooth. Divide dough in half.
On lightly floured cloth covered board, roll each half into 13 inch circle. Place on pizza pan or baking sheet. Turn up edge ½ inch and pinch or pleat. Brush circles with 2 Tbsp. salad oil. Layer pizza toppings on circles in order listed. Bake 15 minutes. Cut into wedges to serve.

Janet Fournier - Oakville

PANCAKE DUMPLINGS

3 C. flour
3 C. milk
6 large potatoes
1/2 LB. ground beef
2 eggs
1/2 tsp. baking powder
1 medium onion
1 can cream of mushroom soup

Mix flour, eggs, milk, baking powder into ordinary pancake batter. Make pancakes. Let cool off.
Boil potatoes and mash. Brown ground beef and mix with mashed potatoes.
Use 1 heaping Tbsp. of meat and potato mixture, place in pancake and roll. Place them in a casserole dish. Fry onions until brown. Add cream of mushroom soup, plus 1/2 can milk. Let simmer about 5 minutes and pour over dumplings. Bake at 325° for 30 minutes.

John Brezden - Burlington

TIA MARIA

3 C. brown sugar
3 C. water
1/2 bottle of Camp coffee - (IGA & Loblaws)
1 Tbsp. vanilla
1 bottle of L.C.B.O. alcohol - 26 oz.

Boil sugar and water until clear (no lumps).
Add rest of ingredients. Cool and bottle.
Makes at least a 40 oz. bottle.

Patty Konkle - Burlington

CHEESE SOUFFLE

6 Tbsp. butter
6 Tbsp. flour (rounded)
1-1/2 C. milk
2 C. (heaping - 1/2 lbs.) Grated cheddar cheese
4 tsp. cornstarch
4 tsp. water
8 eggs

Melt butter, add flour and milk and cook to stiff sauce. Mix cornstarch in water and add to sauce. Bring to boil. Add cheese and stir until melted. Separate egg yolks from whites. Beat yolks and add to cheese mixture. Beat in. Beat whites until stiff. Fold half of the whites into mixture and beat. Fold in the balance of egg whites. Do Not Beat. Butter souffle dish and pour mixture into dish. Bake at 350°F for 35-40 mins. until knife comes out clean.

Bill Schwenger - "Director of Tridon Limited".

5 MINUTE FUDGE (Easy & Delicious)

2 Tbsp. butter
2/3 C. undiluted carnation evaporated milk
1-2/3 C. sugar
1/2 tsp. salt

Cont'd....

5 MINUTE FUDGE (Cont'd.)

2 C. (4 oz.) marshmallows (Miniature white)
1-1/2 C. semi-sweet chocolate chips
1 tsp. vanilla
1/2 C. chopped nuts

Mix butter, evaporated milk, sugar and salt in a saucepan over medium heat. Bring to a boil. Cook 5 minutes stirring constantly. Remove from heat & stir in marshmallows, chocolate chips, vanilla & nuts. Stir for a couple of minutes until marshmallows melt. Pour into a buttered 8" square pan and decorate with nuts and cut into squares. Makes 2 LBS.

Gale Kohman - Burlington

HELPFUL

HOUSEHOLD HINTS!

Helpful Household Hints

HELPFUL HOUSEHOLD HINTS

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Rugs and Carpets

- If red wine spills on your carpet, try removing it by sponging with white wine or club soda.
- Has winter left salt behind on your carpet? Use equal amounts of water and vinegar to clean it off.

Floors

- Rub varnished floor with cold tea to clean and shine.
- Dust talcum powder into the cracks of squeaky wood floors.

Walls

- To remove grease spots from wallpaper, make a paste of corn starch and water. Apply to the spot, let it dry then brush off.

Windows

- To wash windows, use a solution of ½ cup ammonia, 1 cup white vinegar and 2 tablespoons of cornstarch mixed in a bucket of warm water.
- Another inexpensive window cleaner - 3 tablespoons ammonia, one tablespoon vinegar and cool water.

Furniture

- Remove polish build-up from furniture with a solution of equal parts vinegar and water. Dip a cloth into the solution, wring out well then wipe the furniture. Dry with a soft cloth.
- White rings on furniture can be removed with a paste of cigarette ashes and butter.

Bacon

- Is your bacon curling up in the pan? Dip the strips in cold water before frying and prick them with a fork as they fry.

Fish

- Thaw frozen fish in milk for a fresh flavour, or soak it in vinegar and water before you cook it.

Ham

- Before putting your ham in the oven, slit the rind lengthwise on the underside. When the ham is done, the rind will pull away easily - without taking half the ham with it!

Burgers

- For fast, evenly cooked hamburgers, poke a hole in the centre before cooking. The centre will then cook as quickly as the sides, and the hole will disappear by the time your burger is done.

Meatloaf

- Pour a bit of steak sauce into the bottom of the pan and a bit more on top of the meatloaf. This will add a nice flavour, will create a rich gravy and will keep the meatloaf from sticking.

Poultry

- Truss poultry with unwaxed dental floss - it won't burn and it is much stronger than thread.

Shellfish

- It is much easier to open clams and oysters if you wash them in cold water, place in a plastic bag and leave in the freezer for about an hour. After this they will open easily.

Lemons

- A lemon at room temperature is much juicier than a cold one. Immerse a refrigerated lemon in hot water for a few minutes before using it.

- Squash the lemon in your hands, then drill a little hole into the rind. Just squeeze the juice through the hole.

- When you've used up all the juice, store the empty lemon rind in a plastic bag in the refrigerator. When a recipe calls for lemon rind, you won't have to start on a new lemon.

Bananas

- To ripen green bananas, wrap them in a wet towel and put in a brown paper bag.

- If your bananas have become too dark to eat, peel and beat them, then store in the freezer. They'll be handy next time you bake banana bread or cake.

Tomatoes

- Don't leave tomatoes in direct sunlight to ripen. They will soften, but not ripen, so leave them anywhere out of direct sunlight.

- An easy way to peel tomatoes - cover with boiling water for one minute, then plunge in cold water. The skin will slide off easily.

Storing fruit

- Keep unripened fruit in a perforated plastic bag. The perforations will allow the necessary circulation of air and the plastic will trap the ethylene gas which fruits produce naturally to promote ripening.

- Fresh fruit is best if you cut it just minutes before serving. However, if you must cut it ahead of time, toss it in a bit of lemon juice and it will stay fresh.

- A rib of celery in the bread bag will help keep bread fresh.
- Thick ketchup is great, but you cannot wait forever to get it onto your plate! Try this - push a drinking straw all the way into the bottle, remove, then pour. The straw will admit enough air to start the ketchup flowing.
- Soften hardened brown sugar by heating in a slow oven. To keep it soft - store in a tightly sealed jar in the refrigerator or with a bread crust or a piece of apple.
- To thicken gravy try using potato flakes instead of flour. The gravy will thicken nicely, and you will be adding extra flavour and nutrition.
- For instant white sauce - blend one cup of soft butter with one cup of flour. Spread this mixture into a meatloaf pan and chill well. When it has chilled thoroughly, cut into 16 cubes and store in a plastic bag in the freezer. For a medium-thick sauce, drop one cube into one cup of milk and heat slowly, stirring until the sauce has thickened.
- Fresh eggs sink, stale eggs float.
- Extra large eggs may cause cakes to fall - use medium or large.
- Pierce the round end of an egg with a pin to keep it from cracking in boiling water.
- Beat eggs at room temperature only.
- Add one teaspoon cream of tartar to each cup of whites before beating. This helps to make them stiff.
- For fluffier omelettes, add a pinch of cornstarch before beating.
- To make a creamy butter spread, beat 2 cups evaporated milk a little at a time into one pound of soft butter. Great on pancakes!
- Cottage cheese will keep twice as long if you store the carton upside down.
- Whipping cream - do your whipping in the kitchen sink. If there are splashes, you will have only the sink to clean.

- Sprinkle oven spills immediately with salt. When the oven is cooled, simply whisk and wipe.
- Wash discoloured white enamel tubs and bowls with cloth saturated with salt and turpentine.
- Salt and soda in water cleans and sweetens your refrigerator.
- Fill a thermos with warm water and mix in a few tablespoons of baking soda to clean the thermos.
- Add a bit of vinegar to your dish water. This will cut the grease, allowing you to use a cheaper brand of detergent.
- If one glass is stuck inside another, don't try to pull them apart - they may break. Dip the bottom one in hot water and fill the top one with cold water. Since hot water expands glass and cold water shrinks it, the two glasses will separate easily.
- Store your plastic wrap in the fridge to keep it from sticking to itself.
- 'Ring around the collar' - Rub hair shampoo into the ring before washing, or rub in a paste of vinegar and baking soda.
- Keep a can punch in the laundry room. This is a great tool for opening those boxes of laundry detergent without ripping your fingernails.
- If your chamois has become stiff, soak it in warm water with a spoonful of olive oil.
- When washing woollens, add a tablespoon of hair creme rinse to the final rinse water for added softness.
- When ironing an embroidered garment, put the embroidered side down on a thick towel and press the wrong side. This will keep the embroidery from flattening, yet will press the fabric between the stitches.
- Prevent coloured fabrics from running by adding a little salt to the wash water.

- To help keep your car windows from fogging up in cold weather, rub lightly with hair shampoo or rubbing alcohol.
- Car lock frozen? Heat the key with a lighter or match and turn in the lock gently.
- It's a good idea to back your car into the driveway or garage. That way, if you should later need a boost, your car will be in a good position for jumper cables.
- If you are stuck in the snow and there is no help in sight, take the rubber mats from the floor of the car and place them in front of the rear tires. They may provide enough traction to get you going.
- Use baking soda on a damp cloth to wipe your car windshield, headlights and chrome.
- Remove rust spots from your car bumper with a piece of crumpled foil or very fine steel wool.
- To stop cigarette butts from burning in your car ashtray, line the bottom of the ashtray with about one inch of baking soda. This also helps to dispel the odour.
- Keeping clothes fit - remove lint, fuzz and pillballs from any fabric by shaving very lightly with an electric or regular razor. You will not damage the fabric.
- Use a mixture of vinegar and water to clean salt off shoes and boots.
- Clean your eyeglasses using vinegar, rather than water. This will prevent streaks. A cloth diaper is the best polishing cloth for eyeglasses.
- Glue a thin strip of foam rubber to the soles of your child's first pair of walking shoes. To a child used to crawling or walking in bare feet, the soles of shoes can feel like glare ice. The foam rubber can be removed with a razor blade when your child gains confidence.

VEGETABLES

Potatoes

- Grated potatoes often discolour in just a few minutes. To prevent this, add a little sour cream to the grated potatoes.

- If your mashed potatoes are too soggy, try sprinkling them with a little powdered milk.

- Cover peeled potatoes with water and add a few drops of vinegar. They will keep in the refrigerator for several days.

Onions

- When chopping onions breath thru your mouth instead of your nose and you won't cry.

- Once an onion has been cut, rub the cut side with butter before putting it back in the refrigerator. It will keep much longer.

Corn

- To keep corn bright and yellow, add a teaspoon of lemon juice to the cooking water one minute before the corn is done.

- Do not add salt to the cooking water - it will only toughen the corn.

Storing vegetables

- Make sure your vegetables are quite dry before storing. Vegetables that are damp or wet will spoil more quickly than dry vegetables.

- Line the bottom of your vegetable compartment with paper towels or place a few dry sponges in with the vegetables. Either will absorb excess moisture and keep vegetables fresh.

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